

JCC FEE BASED SMALL GROUP COACHING SCHEDULE: JULY 2025						
Sun JUNE 29	Mon JUNE 30	Tues JULY 1	Wed JULY 2	Thurs JULY 3	Fri JULY 4	Sat JULY 5
		9 AM TRX Circuit: Pam H	9 AM TRX: Pam H	7 AM TRX Circuit: Pam H		
	11 AM Align & Flow Yoga Coaching: Linda *held in upstairs Dance Studio II		10 AM MELT Method: Betsy <i>*held in Aerobic Rm</i>	11 AM: Senior Circuit: Terri		
				11:15 AM Yoga for Healthy Aging: Julie <i>*held in Aerobic Rm</i>		
Sun JULY 6	Mon JULY 7	Tues JULY 8	Wed JULY 9	Thurs JULY 10	Fri JULY 11	Sat JULY 12
9 AM MetCon: Gene	5:45 AM DEKA FIT: Danny	9 AM TRX Circuit: Pam H	9 AM TRX: Pam H	7 AM TRX Circuit: Pam H	9 AM MetCon: Gene	
	11 AM Align & Flow Yoga Coaching: Linda *held in upstairs Dance Studio II		10 AM MELT Method: Betsy <i>*held in Aerobic Rm</i>	11 AM: Senior Circuit: Terri		
				11:15 AM Yoga for Healthy Aging: Julie <i>*held in Aerobic Rm</i>		
Sun JULY 13	Mon JULY 14	Tues JULY 15	Wed JULY 16	Thurs JULY 17	Fri JULY 18	Sat JULY 19
9 AM MetCon: Gene	5:45 AM DEKA FIT: Danny	9 AM TRX Circuit: Pam H	NO TRX	NO TRX	9 AM MetCon: Gene	
	11 AM Align & Flow Yoga Coaching: Linda *held in upstairs Dance Studio II		10 AM MELT Method: Betsy <i>*held in Aerobic Rm</i>	11 AM: Senior Circuit: Terri		
				11:15 AM Yoga for Healthy Aging: Julie <i>*held in Aerobic Rm</i>		
Sun JULY 20	Mon JULY 21	Tues JULY 22	Wed JULY 23	Thurs JULY 24	Fri JULY 25	Sat JULY 26
9 AM MetCon: Gene	5:45 AM DEKA FIT: Danny	9 AM TRX Circuit: Pam H	9 AM TRX: Pam H	8 AM TRX Circuit: Pam H	9 AM MetCon: Gene	
	11 AM Align & Flow Yoga Coaching: Linda *held in upstairs Dance Studio II		10 AM MELT Method: Betsy <i>*held in Aerobic Rm</i>	11 AM: Senior Circuit: Terri		
Sun JULY 27	Mon JULY 28	Tues JULY 29	Wed JULY 30	Thurs JULY 31	Fri AUG 1	Sat AUG 2
9 AM MetCon: Gene	5:45 AM DEKA FIT: Danny	9 AM TRX Circuit: Pam H	9 AM TRX: Pam H	NO TRX	9 AM MetCon: Gene	
	11 AM Align & Flow Yoga Coaching: Linda *held in upstairs Dance Studio II		10 AM MELT Method: Betsy <i>*held in Aerobic Rm</i>	11 AM: Senior Circuit: Terri		

Descriptions and Pricing on back / for more information contact: pamelao@jccnh.org / to register: jaimer@jccnh.org

FEE-BASED PACKAGE OPTIONS: 6 sessions \$99 / 12 sessions \$192 / 20 sessions \$300

or DROP-IN: \$20 per session mbr / \$25 per session non-mbr

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TRX:

Suspension Training that uses straps to leverage gravity against your own body weight. Improves strength, balance, coordination and core stability. Very effective when combined with BOSUs, medicine balls & weights for a total body workout.

METCON TRAINING:

This high-energy class will fire up your metabolic conditioning, torching fat and boosting endurance. Led by Gene, you'll push your limits and transform your fitness. Sweat, conquer, and unleash your potential - Get ready for MetCon Madness!!

DEKA FIT:

Get your heart pumping as Danny leads you through ten functional fitness moves that combine strength, cardio, mobility and foundational movements to build endurance, burn fat, and boost confidence. A challenge for all levels – new exerciser or seasoned pro – this session is designed to challenge all

SENIOR CIRCUIT

Stay strong, active, and confident – improve strength, flexibility, and balance with exercises tailored to your needs in a fun, encouraging atmosphere! With expert guidance by Terri Kostko-Tully, Certified Active Aging Trainer and Coach. For more info: terrikt@jccnh.org

ALIGN & FLOW YOGA COACHING:

Experience Yoga in a semi-private, small group session for a more personal experience. In this supportive environment, hands on adjustments will help to refine your practice. Certified Yoga Teacher Linda Dreher will take time to assist you in each pose, inviting you to deeply explore each posture and move through a slow flow vinyasa class. More info: lindad@jccnh.org

MELT:

A science-backed self-care technique using foam roller & small balls to rehydrate connective tissue and erase common aches & pains enhancing performance and restoring balance to the body. Taught by MELT Practitioner and holistic health coach Betsy Bell-Osterholm. Also offered as a virtual option via Zoom. More information: betsyo@jccnh.org

YOGA for HEALTHY AGING:

Essential yoga postures that develop flexibility, strength, balance and agility to support bone health with breathing techniques to improve respiratory function. Great for Osteoporosis, Osteopenia, and Arthritis concerns! Taught by Julie Luciani, Registered Occupational Therapist & Certified Yoga Teacher

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twelve sessions \$192 / twenty sessions \$300
or single sessions: \$20 mbr / \$25 non-mbr
more info: pamelao@jccnh.org
to purchase: jaimer@jccnh.org**