

Winter 2022 Small Group Coaching Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		6aBosu & Box		5:30a Blast		
8a Bootcamp		8a TRX	8a TRX			7:25a Xcore
9a Kettlebell			10a Melt Method		9a XCORE	8:30a Pilates Mat
			6p Trifecta			

Contact Jessica Scott for any questions. Jessicas@jccnh.org

- **BOOTCAMP** : No nonsense drill style held indoors or outside
- **KETTLEBELL** : Sweat and swing with perfect form
- **BOSU & BOX** : Balance training and heavy bag drills
- **TRX/ XCORE** : Suspension training for core, strength and flexibility
- **MELT METHOD** : Soft foam roller to rehydrate connective tissue for better mobility to reduce pain in the body
- **PILATES**: Floor work to challenge your core and flexibility

DROP IN RATE : \$20

- **6 SESSIONS \$99**
- **12 SESSIONS \$192**
- **20 SESSIONS \$300**