



FEE BASED SPECIALTY SESSION WEEKLY SCHEDULE: SEPTEMBER 2026

SUNDAY				
9:00 AM	Pilates Reformer	Lisa	Pilates Studio	
MONDAY				
12:00 PM	Pilates Reformer	Lisa	Pilates Studio	
6:00 PM	Pilates Reformer	Isabel	Pilates Studio	
TUESDAY				
9:00 AM	TRX Circuit	Pam	Functional Training Suite	
11:15 AM	YOGA for Bone Health	Julie	Group Ex Studio	
4:30 PM	Pilates Reformer	Isabel	Pilates Studio	
WEDNESDAY				
9:00 AM	Pilates Reformer	Isabel	Pilates Studio	
9:00 AM	TRX Circuit	Pam	Functional Training Suite	
10:00 AM	MELT Method	Betsy	Group Ex Studio	no Melt 9/9 & 9/16
12:00 PM	Pilates Reformer	Isabel	Pilates Studio	
6:00 PM	DEKA Fit	Danny	Functional Training Suite	
THURSDAY				
8:00 AM	TRX Circuit	Pam	Functional Training Suite	no TRX 9/17 & 9/24
11:00 AM	DVRT	Pam O/H	Functional Training Suite	starts 9/10
12:30 PM	Adaptive Fitness	Pam O	Functional Training Suite	starts 9/17
5:00 PM	Pilates Reformer	Elena	Pilates Studio	
FRIDAY				
7:00 AM	Pilates Reformer	Lisa	Pilates Studio	
2:00 PM	Pilates Reformer	Lisa	Pilates Studio	
SATURDAY				
9:00 AM	Pilates Reformer	Isabel	Pilates Studio	
Six sessions \$99 / Twelve sessions \$192 / Twenty sessions \$300 / Single session \$20				
To Register: jaimer@jccnh.org / For more info: pamelao@jccnh.org				
For Pilates Reformer, contact stevef@jccnh.org to register & sign up				

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

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 STRONG BONES & HEALTHY JOINTS:

Essential yoga postures that develop flexibility, strength, balance and agility to support bone health with breathing techniques to improve respiratory function. Taught by Certified Yoga Practitioner, Julie Luciani

ADAPTIVE FITNESS:

An inclusive fitness program designed to help participants build strength, improve mobility, and increase confidence in a supportive and welcoming environment, while receiving individual support, encouragement, and direction every step of the way

PILATES REFORMER:

A dynamic, full-body workout using a specialized sliding carriage apparatus with adjustable spring resistance to build core strength, improve joint range of motion and flexibility

six sessions \$99 / twelve sessions \$192 / twenty sessions \$300

or single sessions: \$20 mbr / \$25 nmbr

more info: pamelao@jccnh.org

to purchase: jaimer@jccnh.org