



FEE-BASED SPECIALTY SESSION WEEKLY SCHEDULE: JULY 2026

TUESDAY				
9:00 AM	TRX Circuit	Pam	Functional Trng Suite	
WEDNESDAY				
9:00 AM	TRX	Pam	Functional Trng Suite	
10:00 AM	MELT Method	Betsy	Aerobic Rm & Virtual	
1:30 PM	Rise & Rumble	Mat	Boxing Suite	
6:00 PM	DEKA Fit	Danny	Functional Trng Suite	
THURSDAY				
8:00 AM	TRX Circuit	Pam	Functional Trng Suite	No Class 7/30
11:00 AM	DVRT	Pam O/Pam H	Functional Trng Suite	7/9, 7/16, 7/23
SUNDAY				
9:00 AM	MetCon	Gene	Functional Trng Suite	
Descriptions and Pricing on back, for more info: pamelao@jccnh.org				