



**FEE-BASED SPECIALTY SESSION WEEKLY SCHEDULE: MAY 2026**

<b>MONDAY</b>				
6:00 PM	DEKA Fit	Danny	Functional Trng Suite	
<b>TUESDAY</b>				
9:00 AM	TRX Circuit	Pam	Functional Trng Suite	
11:15 AM	YOGA for Bone Health	Julie	Aerobic Rm	
<b>WEDNESDAY</b>				
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	
<b>THURSDAY</b>				
8:00 AM	TRX Circuit	Pam	Functional Trng Suite	
11:15 AM	YOGA for Bone Health	Julie	Aerobic Rm	
<b>SUNDAY</b>				
9:00 AM	MetCon	Gene	Functional Trng Suite	
<b>Descriptions and Pricing on back, for more info: <a href="mailto:pamelao@jccnh.org">pamelao@jccnh.org</a></b>				



*New*  
**Pilates Reformer Classes**

**BUILD YOUR STRENGTH FROM THE CORE**

With exercises like footwork, bridging, arm series, and gentle core work, you'll build strength, flexibility, and body awareness, creating a solid foundation.

**PROPER ALIGNMENT • BREATH CONTROL • CORE STRENGTH • FLEXIBILITY**

Whether you're brand new or looking to refine your basics, this class will help you move better, feel better, and gain confidence in your body.

**Weekly Classes | Pilates Studio**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	7 am Lisa				7 am Lisa	
9 am Lisa			9:30 am Josie	9 am Josie		
		4:30 pm Josie	12 pm Josie		2 pm Lisa	1 pm Isabel
	6 pm Isabel			5 pm Isabel		

For more information, contact **Lisa Aldo** at [lisaa@jccnh.org](mailto:lisaa@jccnh.org)