

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. Great for Osteoporosis, Osteopenia, and Arthritis concerns! Taught by Julie Luciani, Registered Occupational Therapist & Certified Yoga Teacher

RISE & RUMBLE is a high-energy boxing class designed to build unshakable confidence and help you rise to any challenge. This empowering session focuses on improving strength, stamina, coordination, and reaction time through boxing-inspired training in a supportive, motivating environment.

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



FEE-BASED SPECIALTY SESSION WEEKLY SCHEDULE: JUNE 2026

| TUESDAY | | | | |
|--|----------------------|-------------|-----------------------|------------------|
| 9:00 AM | TRX Circuit | Pam | Functional Trng Suite | |
| 11:15 AM | YOGA for Bone Health | Julie | Aerobic Rm | Last Class 6/16 |
| 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 | No Class 6/3 |
| THURSDAY | | | | |
| 8:00 AM | TRX Circuit | Pam | Functional Trng Suite | |
| 11:00 AM | DVRT | Pam O/Pam H | Functional Trng Suite | June 4th & 11th |
| 11:15 AM | YOGA for Bone Health | Julie | Aerobic Rm | Last class 6/18 |
| 11:15 AM | Move Better Workshop | Pam O/Pam H | Functional Trng Suite | June 18th & 25th |
| SUNDAY | | | | |
| 9:00 AM | MetCon | Gene | Functional Trng Suite | |
| Descriptions and Pricing on back, for more info: pamelao@jccnh.org | | | | |