JCC OF GREATER NEW HAVEN

FEE BASED SPECIALTY SESSION WEEKLY SCHEDULE: NOVEMBER 2026

SUNDAY				
9:00 AM	Pilates Reformer	Lisa	Pilates Studio	
9:00 AM	MetCon	Gene	Functional Training Suite	No Class 11/1
MONDAY				
9:30 AM	Pilates Reformer	Rachel	Pilates Studio	
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	TRX Basics	Pam	Functional Training Suite	
10:00 AM	MELT Method	Betsy	Group Ex Studio	No Melt Nov 11th
12:00 PM	Pilates Reformer	Isabel	Pilates Studio	
1:00PM	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 Class 11/26
9:30 AM	Pilates Reformer	Rachel	Pilates Studio	No Class 11/26
11:00 AM	DVRT	Pam O/H	Functional Training Suite	No Class 11/26
11:15 AM	YOGA for Bone Health	Julie/Ester	Group Ex Studio	No Class 11/26
12:30 PM	Adaptive Fitness	Pam O	Functional Training Suite	No Class 11/26
5:00 PM	Pilates Reformer	Elena	Pilates Studio	No Class 11/26
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

PELVIC FLOOR & CORE:
Workshops to focus on the deep core musculature in how the pelvic floor affects movement and potential dysfunction while learning effective ways to both strengthen and release these tissues

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