

# Small Group Training for Jan. 8<sup>th</sup> -Feb. 8<sup>th</sup> 2012

**\*Drop-ins must register a minimum of 24 hours in advance to secure a spot in the class**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:45 am - 6:45 am Boot Camp Danielle	5:45 am - 6:35 am TRX Danielle	5:45 am - 6:45 am Boot Camp Mike	5:45 am - 6:35 am TRX Danielle	5:45 am - 6:45 am Boot Camp Mike	
			5:45 am - 6:15 am Kettle bell Darin			
7:45 am - 8:15 am TRX Express Matt			6:20am - 6:50 am Kettle bell Darin			
	8:30 am - 9:00 am TRX Express Lieba	8:30 am - 9:20 am TRX Ari	8:30 am - 9:00 am TRX Express Mike	8:45 am - 9:35 TRX Ari	8:30 am - 9:00 am TRX Express Sue	8:30 am - 9:20 am TRX Ari
	9:00 am - 10:00 am Boot Camp Ari		9:00 am - 10:00 am Boot Camp Ari	9:30 am - 10:15 am Aquatic Boot Camp Leiba	9:00 am - 10:00 am Boot Camp Ari	
9:30 am - 10:20 am TRX Matt		9:35 am - 10: 25 am TRX Mike	9:15 am - 9:45 am Kettle bell Pete	9:35 am - 10: 25 am TRX Danielle	9:15 am - 9:45 am Kettle bell Pete	
9:30 am - 10:15 am Aquatic Boot Camp Jaine	10:30 am - 11:00 am TRX Express Phyllis		10:30 am - 11:20 am TRX Kathy		9:30 am - 10:15 am Aquatic Boot Camp Jaine	
	12:30 pm - 1:00 pm TRX Express Amy		12:15pm-1:05 pm TRX Kathy			
		<b>NEW!</b> 5:45 pm - 6:30 pm Aquatic Pilates Lisa		<b>NEW!</b> 5:45 pm - 6:30 pm Aquatic Pilates Lisa		



**Flip over for descriptions, pricing, and session dates.**

**For more information:**

Contact Kathy Armstrong-Crouch at 860-231-6337 or [kcrouch@mandelljcc.org](mailto:kcrouch@mandelljcc.org)

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# Group Training Descriptions

**Boot Camp** - A small group training program that runs for 4-week sessions. You will be challenged with a cardiovascular muscle-building workout that you wouldn't do on your own! This is a motivating, high energy class that demands and guarantees results!

**TRX Suspension Training** - Is designed the way your body is designed to exercise in three dimensions. Your core and supporting muscles have to engage and your body weight acts as your resistance on a lot of the exercises. It is a calorie burner.

**Kettle Bell** - Training that offers a different kind of training using dynamic moves targeting almost every aspect of fitness: endurance, strength, balance, agility and cardio. It is challenging, efficient and you need only one piece of equipment.

## TRX Fees

Select 1 class/wk      Fee: \$72 (\$18/class)  
Select 2 classes/wk      Fee: \$128 (\$16/class)  
Select 3 classes/wk      Fee: \$168 (\$14/class)

## Aquatic Boot Camp & Aquatic Pilates

Session I      January 22 - February 17  
Session II      March 1 - March 25  
Four week session fee: \$68

To receive the discounted (non-drop in rate) you must register for a specific class day & time for the full session.

Drop-in Fee: \$20/class      (Based on availability)  
TRX Express Fee:      \$40 - 4 week session      \$12/class for drop-in

## Boot Camp Fees

Mon/Wed/Fri      5:45 am - 6:45 am      \$199  
Mon/Wed/Fri      8:30 am - 9:30 am      \$199  
Mon/Wed/Fri      9:30 am - 10:30 am      \$199

## TRX, Boot Camp, & Kettle Bell Session Dates

Session I      January 8 - February 8  
Session II      February 12 - March 17  
Session III      March 25 - April 12

## Kettle Bells

\$20 per class

Contact Kathy Armstrong-Crouch at 860-231-6337 or [kcrouch@mandelljcc.org](mailto:kcrouch@mandelljcc.org)

To Register:

Visit the Member Services Center or Call 860-236-4571 or Visit [www.mandelljcc.org](http://www.mandelljcc.org)