



# Mandell JCC Small Group Training

Updated March 29th, 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:00am – 10am Aqua Boot Camp Jaine</p> <p>9:30am – 10:20am Boot Camp Agility Training Matt</p>	<p>9:30am-10:20am Octagon Explosion Kim</p>	<p>10:45am – 11:15am Gentle Octagon Training Lieba</p>	<p>10:30am – 11:20am Octagon Explosion Kathy</p>	<p>4:00-4:50pm Boot Camp Agility David</p>	<p>9:00am – 9:50am TRX/Interval Lizzy</p>	



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## NEW Series Packaging Available for Small Group Training!

### Octagon Training

This small group training class is organized on the 8 station frame (the Octagon). You will develop strength, agility, speed and burn a lot of calories with this fun functional training program. Escape supporting products will also be utilized.

### Gentle Octagon Training

This is a small group class which uses the 8 station frame and supporting products to develop balance, stability, strength and mobility in a gentle but fun class.

### Boot Camp Sports Agility Training

You will be challenged with a cardiovascular muscle-building workout that will improve your sport and prevent injuries! This is a motivating, high energy class that demands and guarantees results

### TRX/Interval

Is designed the way your body is designed to exercise in the three dimensions. Your core and supporting muscles have to engage, and your body weight acts as your resistance. It is a calorie burner!

### Aqua Boot Camp

This intense workout alternates cardio & strength training. Incorporates water and land exercises. Equipment provided.

Members may now purchase packages of classes for  
Small Group Training to use at one's own convenience.

#### Pricing is as listed below:

50 minute class:	\$20 per class—drop in fee \$144 per package of 8 classes (\$18 per class)
30 minute class:	\$15 per class—drop in fee \$96 per package of 8 classes (\$12 per class)

For more information contact Kathy  
kcrouch@mandelljcc.org  
Or call 860 2316337



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