Questions? Contact Amy Buckberg, Group Exercise Coordinator, at abuckberg@weinsteinjcc.org or 545-8641.

THE WELL
@WEINSTEINJCC
Formerly known as Small Group Training

DECEMBER 2019 - FEBRUARY 2020

WELL MONTHLY PACKAGES

Members:
4 sessions: $50
8 sessions: $75
Unlimited: $100
Drop-in: $15 per class

Non-members:
4 sessions: $70
8 sessions: $95
Unlimited: $120
Drop-in: $20 per class

WELL SEASONAL PACKAGES

UNLIMITED 3-MONTH PACKAGES
December 1 – February 28
$210M, $240NM
Code: 18256

10 SESSIONS
December 1 – February 28
$99M, $129NM
Code: 18255

PICK YOUR WELL STYLE

Strength: Whole body strength training using Kettlebells and TRX to develop balance, flexibility and core stability.

Performance: High intensity interval training sessions that will mix cardio and strength training in both circuit and group style classes.

Power: High intensity strength and conditioning sessions involving cardio, weight training, body weight and core exercises.