



All classes are modeled
after the Small Group
Training format and will
be held in the Banks Gym
or outside
(weather permitting)

MARCH - MAY 2021



MONDAYS & SATURDAYS FROM 8:30 - 9:15 AM



Strength 45 with Linda



TUESDAYS & THURSDAYS FROM 9:30 - 10:30 AM



Performance 60 with Amy

WELL MONTHLY PACKAGES

Members:

4 sessions: \$50

8 sessions: \$75

Drop-in: \$15 per class

Non-members:

4 sessions: \$70

8 sessions: \$95

Drop-in: \$20 per class

Questions?

Contact Amy Buckberg,
Fitness Director, at
abuckberg@weinsteinjcc.org
or 545-8638.

WELL SEASONAL PACKAGES

10 SESSIONS

March 1 – May 30
(No classes May 31)

\$99M, \$129NM

Code: 18921



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.

