

# SMALL GROUP TRAINING

## JUNE — AUGUST 2026

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



### MONDAYS, THURSDAYS, & SATURDAYS

8:30 — 9:15 AM

Strength 45 with Linda



### TUESDAYS 9:30 — 10:30 AM

Performance 60 with Amy



### WEDNESDAYS 9:00 — 9:45 AM

Performance 45 with Amy



### TUESDAYS & THURSDAYS

6:45 — 7:45 PM

Power 60 on Tuesdays with Michael  
Power 60 on Thursdays with Shannon or Joseph

#### MONTHLY PACKAGES

4 sessions: \$60 M  
8 sessions: \$100 M

*These packages are purchased and valid per month.*

#### DAILY/PER SESSION

Drop In: \$15 M | \$25 NM per class

#### QUESTIONS?

Contact Amy Buckberg, Fitness Director,  
at [abuckberg@weinsteinjcc.org](mailto:abuckberg@weinsteinjcc.org)  
or 804-545-8638.

#### SUMMER SESSION PACKAGES

Unlimited: \$275 M or  
10 sessions: \$125 M

*These packages are valid for the entire Summer Session, June to August. More than one 10 session package can be purchased.*



#### PICK YOUR 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:** Sessions include metabolic conditioning and focus on activities to increase heart rate and benefit all fitness levels. Conditioning includes use of dumbbells, kettlebells, mats, bands, and bodyweight.



## Pick the package that works best for your schedule.

Sign up for the whole season, monthly, or daily to enhance and challenge your workout routine.

