

SMALL GROUP TRAINING

SEPTEMBER — NOVEMBER 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
Evening class meets in the Fitness Center

MONTHLY PACKAGES

4 sessions: \$75

8 sessions: \$135

These packages are purchased and valid per month.

DAILY/PER SESSION

Drop In: \$20 per class

Members receive 15% off at checkout

QUESTIONS?

Contact Amy Buckberg, Fitness Director,
at abuckberg@weinsteinjcc.org
or 804-545-8638.

FALL SESSION PACKAGES

Unlimited: \$325 or

10 sessions: \$155

Members receive 15% off at checkout

These packages are valid for the entire Fall Session, September to November.

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.

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