

November - Small Group Exercise Schedule

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8 6:30am GRIT Cardio	9	10 8:00am GRIT Strength 8:00am Hydrorider
11 9:30am Saved by the Bell (TRX Room)	12 8:00am Hydro Circuit 6:00pm GRIT Cardio	13 6:00am Tone	14 6:00am Hydrorider 6:00am Boxing Circuit 9:15am Spin/TRX 6:30pm Boxing Circuit	15 6:30am GRIT Strength	16	17 8:00am GRIT Plyo 8:00am Hydrorider
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Worcester 						

Sign up for Spin on Turboroster

*PLEASE register for your spot on Turboroster and
PLEASE cancel if you are unable to participate.*

JCC Fitness Center membership required.

Hydrorider Class (Max 4) **Additional \$10 fee/6 class pass \$50.** Sign up on Turboroster. Water shoes required.
Boxing workout utilizing jump ropes, heavy bag, shadow box, mitts, and speed bag.
16 oz. gloves and wraps required after first class.

Small Group Training

If you are looking to meet some new friends to share a variety of safe and effective workouts, small group training programs are the right fit for you. Limited space available, you will enjoy the benefits of having a trainer / coach without the expense of 1:1 training. All of our small group trainers are nationally certified with extensive experience.

Hydrorider

Aquatic cycle class on our Hydrorider bikes. The water provides resistance, compression, and fun! You'll sweat but you won't know it.

Hydro Circuit

Circuit training in the pool utilizing Hydrorider bikes, Aqualogic strength equipment, and Styrofoam DB for flotation. This workout will tax your muscular strength, endurance, and cardiorespiratory system without stress on your joints.

Les Mills G.R.I.T.™ Series - New! 30 minutes of H.I.I.T.

People want big results, fast. Research proves that GRIT delivers accelerated fat-burning and hormonal benefits that enhance health and wellbeing in just 30 minutes. G.R.I.T. is short enough to fit into your busy lifestyle. Les Mills recommends 2 - 3 G.R.I.T. classes/week to maximize benefits. Choose from GRIT Strength, GRIT Plyo or GRIT Cardio. Each delivers different benefits for members, backed by solid science.

Saved By The Bell

Circuit training in TRX room. Minimal rest between several exercises targeting different muscle groups. This workout will tax your muscular strength, endurance, and cardiorespiratory systems.

TRX® Suspension Training®

The TRX was originally created in the Navy SEAL Teams by commandos trying to stay fit while deployed to places where time is of the essence and gyms don't exist. Suspension training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously. The TRX straps are a training tool that leverages gravity and the user's body weight to complete hundreds of exercises. Classes meet 1 x/week for 1 hour.

TRX / SPIN

30 minutes of strength based TRX moves followed by 30 minutes of cardio on the spin bike.

Boxing (gloves & wraps required)

1 hour class implementing drills, jump ropes, heavy bag, speed bag, mitts and core! Build cardio endurance, muscle tone and relieve stress!

Small Group Training Policy

1. We need a minimum of 3 participants for the training session to be held.
2. Your trainer will check the roster 1 hour before the start of the session. If the session is to be cancelled, you will receive a phone call and a text.
3. The door will be closed at the start of the grit strength class. You may not enter the class once it has started.
4. The door will be closed half way through the Grit Cardio warmup. You may not enter the class once the door is closed.
5. Please purchase gloves and wraps for the boxing sessions.
6. If there are consistent overflows, we will put on an additional session.