## Small Group Training*

### TRX
Suspension Training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously. The TRX workout system leverages gravity and your bodyweight to perform hundreds of exercises. You're in control of how much you want to challenge yourself on each exercise - because you can simply adjust your body position to add or decrease resistance.

- Tuesdays 10:15am w/ Kelly
- Thursdays 5pm w/ Doug
- Fridays 9:15am w/ Kelly

*The class fee is $10 for J members, $18 for general public. Multi-class packages available. Pre-registration is required for the regularly scheduled classes by contacting the J front desk in person or calling 413.739.4715.

Classes are 60 minutes in length to include set up and break down of equipment and YOUR workout.

### BOGAFiT
Where the water meets the land. BOGAFiT is an innovative fitness program that builds strength, deepens flexibility, and improves balance and coordination. The exercises both enhance the benefits of traditional fitness movements while minimizing the harsh impacts of traditional land exercises, creating high intensity workouts that remain low intensity on your body.

- Mondays 6:30pm BogaStrength w/ Sean
- Fridays 9:30am BogaStrength w/ Sean