

LIVE WELL @ THE JCC

BeFit Strength

Instructor: Peggy Potter

This class will help to tone, strengthen and improve balance with intervals of “low to non-impact” movement using light weights and bands. This whole body workout will focus on cardio, strengthening and maintaining bone integrity to slow down the process of osteoporosis.



Peggy Potter is a fitness instructor who teaches classes throughout central New Jersey. Peggy has a Bachelor of Arts in Health & Recreation from Kean University. She is also certified with the YMCA to be a group exercise instructor in the areas of cycling, cardio and step, strength and conditioning and Pilates. Peggy is a certified Zumba and Punk Rope instructor and is trained in CPR/PRO, lifeguarding and First Aid. Peggy specializes in cardio and strength training, athletic agility, dance and stability ball. Peggy believes that everyone can be successful in achieving one's health and fitness goals. She creates a positive environment in all areas of teaching, coaching and training. Peggy believes that people come to workout to have fun, make friends and get fit... in that order!

DATE: THURSDAYS, MARCH 2, 9, 16, 23 APRIL 6, 2017
TIME: 10:30—11:15 AM
COST: FREE FOR Community Campus members; \$36 LIVE WELL @ the JCC Membership for non-members entitles one to attend all LIVE WELL @ the JCC Wellness classes January—June 18, 2017.

MUST REGISTER!

Sorry, No Refunds



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