



# SIGNATURE SMALL GROUP TRAINING

**Staenberg Family Complex  
Spring/Summer 2017**

**Formats Include**  
Boot Camps  
Box Your BEST  
ViPR™ Training  
TRX® Training

**Outdoor  
Boot Camps  
are Back!**

# Signature Small Group Training Format Descriptions

## Boot Camp

- Designed for maximum calorie burn in a small group setting
- Individually modified for every fitness level
- Workouts consist of body weight, Battle Ropes, TRX and Kettlebells along with other training tools
- A constantly changing and fun workout

## Box Your B.E.S.T.

Boxing, Endurance, Strength Training

- High-powered, hard-hitting boxing workout
- Burn calories and reduce body fat
- Junior classes available for 8-16 year olds

## J.A.M.M.A. Fitness

- Joint Action Mixed Martial Arts
- Workouts consist of hard “core” cardio training
- Burn twice as many calories as traditional cardio
- Self-defense techniques such as Brazilian Jujutsu, Muay Thai and others

## Outdoor Boot Camp

- An innovative workout that challenges every aspect of fitness, including muscular strength and endurance, power, cardio, core stability, and balance
- Allows for modification to various fitness level and goals, so all can achieve results
- Challenges the whole body due to the ever-changing nature of the class – no two are the same
- Utilizes non-traditional movements that may include tractor tire flips, sandbag carries, sledhammer hits and more boot camp style actions
- High energy levels and motivation created by individual and teamwork training
- Awesome atmosphere from working out in the fresh air and sunlight

## TRX® & Battle Rope Training

- Boot camp workout revolving around the TRX Trainer and Battle Ropes
- High energy, constant movement and fun all in one class
- Increase cardiovascular endurance with a focus on stability, core development and strength

## TRX® Suspension Training

- Full body workouts done exclusively with the TRX Training System
- Easily modified for all fitness levels and body types
- Build total body strength by focusing on core development
- Your whole body works together to make everyday activities easier

**TRX**  
Suspension Training®

## ViPR™ Training

Vitality, Performance and Reconditioning

- Bridges the gap between everyday movement and strength training
- Flip, tilt, drop, lift, roll, shift, carry or toss the ViPR for a complete body workout
- Experience a non-traditional, energetic form of training not seen anywhere else in St. Louis
- Improves stability, strength, coordination, power and endurance



## BENEFITS OF SMALL GROUP TRAINING

- Improve in all areas of fitness – Physical Fitness, Cardiovascular Endurance, Cardiovascular Strength, Muscular Strength and Endurance, Flexibility, and Body Composition.
- Small Groups (5-10 people) led by certified personal trainer assure proper technique and individual attention in a fun and competitive environment.
- Easily modify workouts to make sessions as easy or hard as needed, but in a safe and controlled manner.
- Use of non-traditional training techniques not found on most general fitness classes (TRX, ViPR, CoreHammer, SRT Barbells, etc).
- High energy and high motivation workout sessions.



Boot Camp



Outdoor Boot Camp

## Contact

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facebook.com/jccstl



# Signature Small Group Training



Boot Camp



J.A.M.M.A Fitness

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Box Your BEST</b> Joe • 12pm	<b>Boot Camp</b> Jerry • 5:30am	<b>NEW!</b> <b>Boot Camp</b> John • 9am	<b>Boot Camp</b> Jerry • 5:30am	<b>TRX Suspension Training</b> Paige • 11am	<b>Boot Camp</b> Jerry • 5:30am	<b>Boot Camp</b> Ryan • 8:30am
<b>Box Your BEST Jr.</b> Joe • 1:30pm	<b>Boot Camp</b> Paige • 9:30am	<b>TRX Suspension Training</b> Paige • 11am	<b>Boot Camp</b> Paige • 9am	<b>TRX Suspension Training</b> Paige • 11am	<b>Boot Camp</b> Courtney • 8:30am	<b>TRX &amp; Battle Rope Training</b> TBD • 9am
<b>Boot Camp</b> Chelsey • 3:30pm	<b>Boot Camp</b> John • 5:30pm	<b>Boot Camp</b> Chelsey • 5pm	<b>Boot Camp</b> John • 5:30pm	<b>ViPR Training</b> Chelsey • 5pm	<b>Boot Camp</b> John • 9am	<b>Boot Camp</b> John • 10am
	<b>Boot Camp</b> John • 6:30pm	<b>Box Your BEST</b> Joe • 5:30pm	<b>Boot Camp</b> John • 6:30pm	<b>Boot Camp</b> Ryan • 6pm	<b>Boot Camp</b> Paige • 9:30am	
	<b>J.A.M.M.A. Fitness</b> Jerry • 7pm	<b>Outdoor Boot Camp</b> NEW! Jason • 6pm	<b>J.A.M.M.A. Fitness</b> Jerry • 7pm		<b>Box Your BEST</b> Joe • 12pm	

Try your  
first training  
FREE!

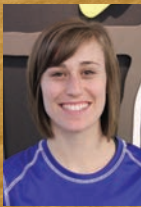
## Your instructors...



Paige Buchanan



Jason Davis



Chelsey Greenwood



Joe Ryan



John Slay



Courtney Tucker



Ryan Watkins



Jerry Williams



Box Your Best

\*Updated 5/8/17

## Details

- Save by committing to ongoing training
- Try a variety of training techniques
- Subject to availability; reserve your space early

## Best Value! Just \$12/session

- \$96/eight sessions in one month
- Two-month commitment required
- Must be set up as automated EFT payment
- Add sessions for \$12 each within the month
- 30-day cancellation notice required

## Other payment options

- \$20/session drop-in
- \$18/session 1x per week, prepaid
- \$15/session 2x per week for one month prepaid