

Signature Small Group Training Formats

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 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 tire flips, sandbag carries, sledgehammer hits and more
- 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



SMALL GROUP TRAINING BENEFITS

- 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.



J.A.M.M.A Fitness



Outdoor Boot Camp

Contact

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facebook.com/jccstl



SIGNATURE SMALL GROUP TRAINING



Specialty group training your way!

Stoenberg Family Complex Summer 2017

Formats Include

Boot Camps
Box Your BEST
ViPR™ Training
TRX® Training

Outdoor
Boot Camps
are Back!

jccstl.org



Signature Small Group Training



Boot Camp



J.A.M.M.A Fitness

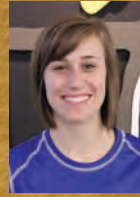
Your instructors...



Paige Buchanan



Jason Davis



Chelsey Greenwood



Joe Ryan



John Slay



Courtney Tucker



Ryan Watkins



Jerry Williams

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

Try your first training FREE!



Box Your Best

*Updated 5/29/17

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