

# Signature Small Group Training

## Boot Camps (Outdoor)

- 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
- Sessions may be held outdoors (weather permitting) for a more creative and alternate boot camp

## 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

## Kickboxing

- Combines martial arts techniques with fast paced cardio training
- High energy workout challenges all – from beginners to advanced
- Builds stamina and lean muscle
- Improves coordination and flexibility

## Roll with the Punches – Box Your B.E.S.T.

(Parkinson's Disease Assn. Certified)

- 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

- 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
- Improves stability, strength, coordination, power and endurance



## MORE CHANCES TO TRAIN

### Body Transformation Small Group Training

Body Transformation Group Training is now part of Signature Training and is included in group availability. For a complete Body Transformation schedule, see the Fitness desk at either location.



## 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 (4-10 people) led by a certified personal trainer assures 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 in most general fitness classes (TRX, ViPR, CoreHammer, SRT Barbells, etc).
- High energy and high motivation workout sessions.



Kickboxing



Outdoor Boot Camp

## Contact

Jason Davis, 314.442.3176, jdavis@jccstl.org



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**Unlimited Training Option!**

# SIGNATURE SMALL GROUP TRAINING



Specialty group training your way!

**Stoenberg Family Complex Summer 2018**

**30 Classes Available, Including:**

Boot Camps  
Box Your B.E.S.T.  
TRX® Training  
Kickboxing

jccstl.org





# Signature Small Group Training



Boot Camp



Kickboxing

**Box Your B.E.S.T Now on Fridays!**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Boot Camp</b> Jerry • 5:30am  <b>Boot Camp</b> Sabra • 8:30am  <b>Boot Camp</b> Sabra • 9:30am  <b>Boot Camp</b> John • 5:30pm  <b>Boot Camp</b> John • 6:30pm  <b>Kickboxing</b> Jerry • 7pm	<b>Boot Camp</b> John • 9am  <b>TRX Suspension Training</b> Chelsey • 11am  <b>Roll with the Punches - Box Your B.E.S.T</b> (Parkinson's Disease Assn. Certified) Joe • 1pm  <b>Boot Camp</b> Chelsey • 5pm  <b>Box Your B.E.S.T</b> Joe • 5:30pm  <b>Boot Camp</b> Jason • 6pm	<b>Boot Camp</b> Jerry • 5:30am  <b>Boot Camp</b> Sabra • 9am  <b>Boot Camp</b> John • 5:30pm  <b>Boot Camp</b> John • 6:30pm  <b>Kickboxing</b> Jerry • 7pm	<b>TRX Suspension Training</b> Chelsey • 11am  <b>Roll with the Punches - Box Your B.E.S.T</b> (Parkinson's Disease Assn. Certified) Joe • 1pm  <b>ViPR Training</b> Chelsey • 5pm  <b>Boot Camp</b> Ryan • 6pm  <b>Box Your B.E.S.T</b> Joe • 7pm	<b>Boot Camp</b> Jerry • 5:30am  <b>Boot Camp</b> Tracey • 8:30am  <b>Boot Camp</b> John • 9am  <b>Boot Camp</b> Tracey • 9:30am  <b>Box Your B.E.S.T</b> Joe • 12pm  <b>Box Your B.E.S.T Jr.</b> Joe • 1pm	<div>NEW!</div> <b>Boot Camp</b> Elgin • 9am  <b>Boot Camp</b> John • 10am

**2-Class Intro, Only \$25**

\*Updated 6/1/18

## Unlimited Signature Training Now Available!

- Unlimited \$175\*/month
- 2x Week \$125\*/month
- Drop-in \$25/session

\*EFT payment plan required

## More Benefits for YOU!

- Save when you commit to ongoing training
- Try different groups to see what works best for you
- Training is customized to your abilities and strengths
- Try different trainers and see who you "click" with
- Experience Body Transformation Training, a new addition to our Signature program, with a dozen new training opportunities

## Important Notes

- Classes generally include 4-10 participants
- Space is subject to availability, reserve your spot early
- Two-month commitment required
- Unlimited and 2x week training require EFT payment plan
- 30-day cancellation notice required

## Meet your trainers...



Tracey Barrier-Edwards



Sabra Boes



Jason Davis



Chelsey Greenwood



Elgin Johnson



Joe Ryan



John Slay



Ryan Watkins



Jerry Williams



Box Your B.E.S.T

*All J trainers are nationally certified.*