

DAD BOD to RAD BOD

New Program



**An eight-week program to create
a healthier you!**

Why strive for a 'rad bod'...

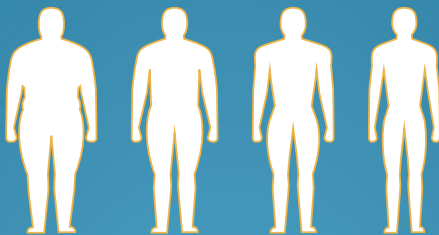
- Increase energy in everyday activities
- Continue to burn calories in and out of the gym
- Improve sleeping habits
- Reduce risk of chronic diseases
- Improve blood pressure and lower stress levels
- Decrease chronic pain in your back, knees, etc.

Available at both locations

Oct 21 – Dec 9

jccstl.org





Get fit, stay healthy, and inspire your kids to get active!

How do you achieve a Rad Bod?

Fitness

- Strength train 2-3 times per week
- Cardio group exercise class once a week
- Stretching class once a week



Nutrition (videos)

- *Macros: What Are They? How Can I Track Them?*
- *Using Nutrition to Maintain My Hard Work*



Training Schedule

SFC & Fox

Oct 21 - Dec 9

Mon & Wed 6pm-7pm

Sat 10am

Group Exercise

Trainers will work with all participants to find one cardio and one flexibility class to fit their schedule.

Meet your trainers



Elgin Johnson
SFC



Shir Barzilay
Fox

Contacts

SFC 314.442.3141

Fox 314.442.3147

