



Staenberg Family Complex Winter 2015

Formats Include
Boot Camps
Box Your BEST
ViPR Training
TRX Training

Signature Small Group Training Format Descriptions

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

Traditional Boot Camp

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

TRX and 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

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.



Contact

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Signature Small Group Training



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 Patrick • 9:30am</p> <p>TRX & Battle Rope Training Val • 6pm</p> <p>J.A.M.M.A. Fitness Jerry • 7pm</p>	<p>Boot Camp Paige • 9:30am</p> <p>TRX Suspension Training Val • 11am</p> <p>Box Your BEST Joe • 5:30pm</p> <p>Boot Camp Jason • 6pm</p>	<p>Boot Camp Jerry • 5:30am</p> <p>J.A.M.M.A. Fitness Jerry • 7pm</p>	<p>TRX Suspension Training Val • 11am</p> <p>ViPR Training Val • 5pm</p>	<p>Boot Camp Jerry • 5:30am</p> <p>Boot Camp Val • 9:30am</p> <p>Box Your BEST Joe • 12pm</p>	<p>TRX & Battle Rope Training Paul • 9am</p>

**Try your
first training
FREE!**

Your instructors...



Paige Buchanan

- Infectious enthusiasm offers great motivates to achieve results
- Former collegiate athlete familiar with building muscle and agility, along with other aspects of training



Jason Davis

- Several years creating efficient and result-driven Boot Camp workouts
- Passionate about improving his clients abilities through functional training



Paul Mueller

- Utilizes the TRX for full body workouts, including core, balance and targeted muscle groups
- Emphasizes small group training to provide momentum and motivation to drive results



Joe Ryan

- More than 25 years boxing experience and 18 years as a personal trainer
- Combins boxing workouts along with a challenging variety of cardio and strength activites for all fitness levels.



Val Silberman

- Promotes a strong core philosophy in her creative workouts
- Modifies training so all participants are challenged



Jerry Williams

- Experience with kickboxing and self-defense training
- Uses several modes of training for challenging boot camp workouts

*Updated 1/4/16

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 one time per week, prepaid
- \$15/session two times per week for one month prepaid

Details

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