

# Signature Small Group Training

## TRAINING GROUPS

- are designed for maximum calorie burn in a small group setting
- allow for modification for all fitness levels to participate
- workouts are unique so no two are identical
- offer natural motivation from peers along with trainer encouragement

### Body Transformation

- For those who may need a boost to get started on their fitness journey with a desired minimum of 15 pounds weight loss
- You will learn how to work out, including proper lifting techniques, movements and body control
- Cardio benefits derived from increased heart rate and intensity levels as you improve abilities
- You will get stronger, leaner and begin to achieve your fitness goals as you progress

### Boot Camps

- Workouts will include aspects of cardio, strength and endurance training
- Participants will utilize Battle Ropes, TRX Suspension Training, kettlebells, body weight and more to maximize their workout
- Several trainers available for Boot Camps so clients can align with what works best

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

Boxing, Endurance, Strength Training

- Fast-paced, high-endurance boxing-themed workout
- Several boxing related fitness drills offers a variety of movements
- Cardio benefits gained from individual drills with often-changing stations
- Jr. version also available for kids ages 8-16

See schedule for class times.

### F.I.T.

Fun Intense Training

- Functional workouts with a “fun” twist consisting of weekly challenges and fun rewards
- Utilizes multiple areas of the fitness center to keep workouts fresh and diverse
- Goal is to create an inspiring atmosphere while attaining goals and enjoying fitness

### Floor Fridays

- Fitness floor focused training utilizing free weights, squat racks, deadlift platform, bench press and more
- Training is primarily strength based with an emphasis on full body usage – i.e. squats, push and pull movements
- Learn how to workout using complimentary muscle groups with weighted movements

### MyZone Target Training

- MyZone offers the premiere function of allowing you to control your intensity level
- Heart rate targets are established, and can be individualized, with every exercise using the MyZone colored zones
- Cardio equipment and free weights utilized for circuit-style workouts

### Roll with the Punches

Parkinson's Disease Assn. Certified

- Workout can be modified for all fitness levels for those with Parkinson's
- Builds body strength by focusing on core development and body movement
- Full body workout intended to make everyday activities easier

### TRX® Suspension Training

- TRX System supports a full body workout using primarily body weight for a true challenge
- Core development is a primary focus of several TRX movements
- Clients will utilize TRX straps and additional weights further workout enhancements

**TRX**  
Suspension Training®

### Strength Camp

- Learn and perform various Olympic lifts and powerlifting using barbells, dumbbells and kettlebells
- Workouts will be combined with a cardio aspect to enhance your workout to create further benefits
- Consistent training intended to offer gains in raw power and strength

Make Your Workouts More Effective!

**myzone**

**MYZONE** is wearable accuracy.

**MYZONE** meets your goals.

**MYZONE** is user-friendly.

**MYZONE** is affordable.

It takes more than steps to see real results.

The benefits are endless! Talk to your trainer and find out how to get started today!

**Reward your effort and achieve the results you want!**

### Contact

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 [facebook.com/jccstl](https://facebook.com/jccstl)



# SIGNATURE SMALL GROUP TRAINING



*Signature Training now includes Body Transformation!*

**Staenberg Family Complex  
January – May, 2019**


Nearly 50 options to choose from!



**Ask about  
Unlimited  
Training!**


jccstl.org







Monday		
Time	Class	Trainer
5:30am	Boot Camp	Jerry
6am	<b>MyZone</b> Target Training 	Chelsey
7am	Body Transformation	Elgin
8:30am	F.I.T.	Sabra
1pm	Body Transformation	Jason
5:30pm	Boot Camp	John
6:30pm	Boot Camp	John

Tuesday		
Time	Class	Trainer
8am	<b>MyZone</b> Target Training 	Chelsey
9am	Boot Camp	John
9:30am	Body Transformation	Tracey
11am	TRX Suspension Training	Chelsey
12pm	Body Transformation	Jason
1pm	Roll with the Punches <i>Parkinson's Disease Assn. Certified</i>	Joe
5pm	<b>MyZone</b> Target Training 	Chelsey
5:30pm	Box Your B.E.S.T.	Joe
6pm	Boot Camp	Jason

Wednesday		
Time	Class	Trainer
5:30am	Boot Camp	Jerry
6am	<b>MyZone</b> Target Training 	Chelsey
7am	Body Transformation	Sabra
9am	F.I.T.	Sabra
9:30am	Body Transformation	Tracey
12pm	Body Transformation	Jason
5:30pm	Boot Camp	John
6pm	Box Your B.E.S.T. <b>NEW!</b>	Elgin
6:30pm	Boot Camp	John
7pm	F.I.T. <b>NEW!</b>	Elgin

Thursday		
Time	Class	Trainer
8am	<b>MyZone</b> Target Training 	Chelsey
9:30am	Body Transformation	Tracey
11am	TRX Suspension Training	Chelsey
12pm	Body Transformation	Jason
1pm	Roll with the Punches <i>Parkinson's Disease Assn. Certified</i>	Joe
5pm	<b>MyZone</b> Target Training 	Chelsey
6pm	Strength Camp	Jason
6pm	Box Your B.E.S.T. <b>NEW TIME!</b>	Joe
7:30pm	F.I.T. <b>NEW!</b>	Elgin

Friday		
Time	Class	Trainer
5:30am	Boot Camp	Jerry
7am	Body Transformation	Sabra
8:30am	Boot Camp	Tracey
9am	Floor Friday	Sabra
9am	Boot Camp	John
12pm	Box Your B.E.S.T.	Joe

Saturday		
Time	Class	Trainer
8am	F.I.T. <b>NEW!</b>	Elgin
9am	TRX Suspension Training	Elgin
10am	Boot Camp	John
11:30am	F.I.T. <b>NEW!</b>	Elgin

Sunday		
Time	Class	Trainer
12pm	Box Your B.E.S.T. <b>NEW!</b>	Joe
1pm	Box Your B.E.S.T. <b>NEW!</b>	Joe



Box Your B.E.S.T.

## 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

## Meet your trainers



Tracey Barrier-Edwards   Sabra Boes   Jason Davis   Chelsey Greenwood



Elgin Johnson   Joe Ryan   John Slay   Jerry Williams

*All J trainers are nationally certified.*

## Notes

- Groups 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

## Unlimited Signature Training Now Available!

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

*\*EFT payment plan required*

Make your workout more effective in  
ALL classes with a **MyZone** tracker.



MyZone belt not required for any Signature class.

Updated 1/28/19