

# Signature Small Group Training

## BENEFITS

- workouts offer maximum calorie burn
- improvement in both cardio and strength
- modification for all fitness levels
- no two workouts are the same
- offers both peer and trainer motivation and 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

## (Outdoor) 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
- Outdoor Boot Camps take place around the J campus and utilize additional outdoor equipment and opportunities unique to working out outside.

## 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!**

MyZone belt not required for any Signature class.

## Contact

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



# SIGNATURE SMALL GROUP TRAINING



*Signature Training includes Body Transformation!*

**Staenberg Family Complex**

**January – May  
2020**






More than 40 options!








**Ask about  
Unlimited  
Training!**









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Monday			
Time	Class		Trainer
5:30am	Boot Camp		Jerry
7am	Body Transformation		Elgin
1pm	Body Transformation		Jason
5:30pm	Boot Camp		John
6:30pm	Boot Camp		John




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

Wednesday			
Time	Class		Trainer
5:30am	Boot Camp		Jerry
7am	Box Your B.E.S.T		Elgin
12pm	Body Transformation		Jason
5pm	F.I.T.		Sabra
5:30pm	Boot Camp		John
6pm	Box Your B.E.S.T		Elgin
6:30pm	Boot Camp		John
7pm	F.I.T.		Elgin

Thursday			
Time	Class		Trainer
6am	<b>MyZone</b> Target Training		Elgin
12pm	Body Transformation		Jason
1pm	Roll with the Punches <i>Parkinson's Disease Assn. Certified</i>		Joe
5pm	<b>MyZone</b> Target Training		Jason
6pm	Strength Camp		Jason
7:30pm	F.I.T.		Elgin

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

Saturday			
Time	Class		Trainer
8am	Boot Camp		Sabra
8am	F.I.T.		Elgin
9am	TRX Suspension Training		Elgin
10am	Boot Camp		John
11:30am	F.I.T.		Elgin

Sunday			
Time	Class		Trainer
8:30am	Boot Camp		Ryan
12pm	Box Your B.E.S.T.		Joe
1pm	Youth Boxing		Joe

Updated 1/17/2020

## 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

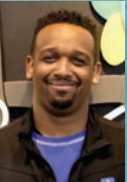
## Meet your trainers



Sabra Boes



Jason Davis



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*