

Signatutre Small Group Training

BENEFITS

- workouts offer maximum calorie burn
- strength & cardio improvements
- modification for all fitness leveles
- no two workouts are trhe same
- offers both peer and trainer motivation and encouragement

J Force

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

Max Burn

- 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

Performance Training

- For those who may need a boost to get started on their fitness journey
- 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

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

F.I.T. – Fun Intense Training

- Constantly changing functional workouts with a “fun” twist
- 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

Outdoor Blast

- Learn how to work out using complimentary muscle groups with weighted movements
- Learn and perform various Olympic and Power lifts using barbells, dumbbells and kettlebells
- Workouts will be combined with a cardio aspect to enhance our workouts to create further benefits

Shape Up

- Fitness 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
- Consistent training intended to offer gains in raw power and strength
- Individually modified for every fitness level

Contact:

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Signatutre Small Group Training



Signature Training is a great to help transform your body!

Staenberg Family Complex
Fall 2020

New classes
with more than
25 options!

jccstl.org



Signatutre Small Group Training Schedule

Monday		
Time	Class	Trainer
7am	F.I.T. - Fun Intense Training	Jaime
12pm	Performance Training	Jason
5pm	Max Burn	Max

Time	Class	Trainer
5:30am	Max Burn	Jerry
12pm	Performance Training	Jason
5pm	J Force	Jason
6pm	Outdoor Blast	Jason

Wednesday		
Time	Class	Trainer
7am	F.I.T. - Fun Intense Training	Sabra
12pm	Performance Training	Jason
5pm	Box Your B.E.S.T.	Joe

Thursday		
Time	Class	Trainer
5:30am	Max Burn	Jerry
12pm	Performance Training	Jason
5pm	Max Burn	Jason
6pm	Outdoor Blast	Jason

Friday		
Time	Class	Trainer
7am	F.I.T. - Fun Intense Training	Sabra
12pm	Box Your B.E.S.T.	Joe

Saturday		
Time	Class	Trainer
8am	Shape Up	Sabra

Sunday		
Time	Class	Trainer
Noon	Box Your B.E.S.T.	Joe

BENEFITS for YOU!

- Improve your fitness in cardiovascular endurance, muscular strength, flexibility and body composition
- Small Groups (4-10 people) are led by a certified personal trainer to assure proper technique
- In a group setting, one-on-one attention is recognized for individual improvement
- Easily modify workouts to customize sessions as needed, but always with safety the primary concern
- Use of functional, non-traditional training techniques not found in most general fitness classes (TRX, ViPR, CoreHammer, SRT Barbells, etc)
- High energy and motivation promotes a challenging, yet fun workout environment
- Experience social fitness; be inspired by groupmates; and get challenged (and healthy) all in one!

Meet Your Trainers



Sabra Boes



Jason Davis



Jamie Livaudais



Joe Ryan



Max Sadoff



Jerry Williams

Notes

- Groups generally include 4-6 people
- Space is subject availability; reserve your spot early
- Two-month committment required
- Unmiltied and 2x per week traing 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*