

Signature Small Group Training

BENEFITS

- Workouts offer maximum calorie burn
- Strength & cardio improvements
- Modification for all fitness levels
- No two workouts are the same
- Offers 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 cardio to enhance your performance and 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
- 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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Signature Small Group Training



Signature Training is a great way to help transform your body!

Staenberg Family Complex
Fall 2020

New classes
with more than
25 options!

jccstl.org



Signature Small Group Training Schedule

Monday

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

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

Wednesday

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

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

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 commitment required
- Unlimited and 2x per 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