

Signature Small Group Training

BENEFITS

- workouts offer maximum calorie burn
- strength & cardio improvements
- modification for all fitness leveles
- 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 increasing 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 Camp

- Designs for maximum calorie burn in a small group setting
- Individually modified for every fitness level
- Workouts consist of body weight, battle ropes, TRX, dumbbells, and kettlebells along with other training tools.
- A constantly changing and fun workout.

Box Your B.E.S.T.

- 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.

F.I.T. – Fun, Intense, Training

- Functional workouts with a “fun” twist consisting of weekly challenges.
- 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.

Mom Squad

- These workouts will improve strength, conditioning, and mobility.
- Mothers will commit to feeling better, improving themselves, and increasing their knowledge of nutrition and fitness

Performance Training

- Workout designed for multiple levels of fitness.
- The workouts consist of strengthening and conditioning our bodies for daily life, sport, and overall functionality.
- Addressing ailments and improving movement confidence with greater range of motion and pain free.
- We will focus on strength, power, mobility, and well as aspects of sports. to improve our coordination, balance, and athleticism. Perfect for those currently playing and starting a sport of any kind.

Strength Camp

- Learning 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.
- Workouts designed to push you to your limits, in a safe and progressive manner.

Contact:

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Signature Small Group Training



Staenberg Family Complex
Spring 2022

25 weekly
classes!

jccstl.org



Signature Small Group Training Schedule

Monday		
Time	Class	Trainer
6am	Body Transformation	Elgin
7am	F.I.T. - Fun Intense Training	Elgin
9:30am	Mom Squad	Elgin
12pm	Performance Training	Jason
6pm	F.I.T. - Fun Intense Training	Elgin
7pm	Body Transformation	Elgin

Tuesday		
Time	Class	Trainer
7am	F.I.T. - Fun Intense Training	Elgin
9:30am	Mom Squad	Elgin
12pm	Performance Training	Jason
5pm	Boot Camp	Elgin
6pm	Strength Camp	Elgin

Wednesday		
Time	Class	Trainer
6am	Body Transformation	Elgin
7am	F.I.T. - Fun Intense Training	Elgin
12am	Performance Training	Jason
5pm	Box Your B.E.S.T.	Joe
6pm	Body Transformation	Elgin
7pm	Box Your B.E.S.T.	Elgin

Thursday		
Time	Class	Trainer
7am	Box Your B.E.S.T.	Elgin
9:30am	Mom Squad	Elgin
12pm	Performance Training	Jason
5pm	Boot Camp	Jason
6pm	Strength Camp	Jason

Sunday		
Time	Class	Trainer
9am	TRX Bootcamp	Elgin
12pm	Box Your B.E.S.T.	Joe
3pm	Box Your B.E.S.T. Jr.	Joe

BENEFITS for YOU!

- Improve your fitness in cardiovascular endurance, muscular strength, flexibility and body composition
- Small Groups 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



Jason Davis



Elgin Johnson



Joe Ryan

Notes

- Groups generally include 4-8 people
- Space is subject to 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*