

Signature Small Group Training

Format Descriptions

Strength & Conditioning – Women Only

- Learn strength and conditioning movements at an elevated intensity
- Use a variety of training formats to increase endurance, power, strength and overall fitness
- Gain confidence with barbells, dumbbells and kettlebells to increase your strength
- Discover how to use your own body weight in a variety of ways

Sports Strength & Conditioning for Young Athletes

- For middle school to high school athletes looking to gain a competitive edge
- Workouts include dynamic warm-ups, power movements, plyometrics, agility drills and fundamental strength exercises
- Training will help improve speed, strength, power, agility and performance

Kettlebell Training

- Kettlebells offer a variety of movements to work multiple areas of the body
- Effective, dynamic, fun movements develop strength, conditioning and results
- Perform classic and new exercises to build lean, functional muscle in a high-calorie burning workout.

Boys/Girls Youth Fitness Training

- An educational and fun small group fitness program for kids ages 12-15
- Activities may include aquatics, strength training, sports fundamentals and nutritional education
- Instruction on proper exercise guidelines for youth populations
- Fitness-related measurements pre/post program
- Dedicated attention from a J trainer with youth fitness experience



BENEFITS OF SMALL GROUP TRAINING

- Improve in all areas of fitness – Physical Fitness, Cardiovascular Endurance, Cardiovascular Strength,
- Muscular Strength and Endurance, Flexibility, and Body Composition.
- Small Groups (5-10 people) led by certified personal trainer assure proper technique and individual attention in a fun and competitive environment.
- Easily modify workouts to make sessions as easy or hard as needed, but in a safe and controlled manner.
- Use of non-traditional training techniques not found in most general fitness classes (TRX, ViPR, CoreHammer, SRT Barbells, etc).
- High-energy and high-motivation workout sessions.



Contact

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Marilyn Fox Building
Spring/Summer 2016

Formats Include
Strength & Conditioning
Kettlebell Training
Youth Training

**SIGNATURE
SMALL GROUP
TRAINING**



Signature Small Group Training



Your instructors...



- Amanda Jordan**
- Loves working to make clients functionally better in their daily lives through fitness
 - Excels at educating and instructing on properly executed, fun and challenging exercise programs



- Dave Minner**
- Proven results in working and instructing adult and youth clients
 - Former collegiate football athlete who understands and can communicate that hard work and effort yields positive results



- Andy Hayes**
- Creative in developing fun and stimulating fitness programs for youth, adults and seniors to achieve goals
 - Promotes confidence and overcoming adversity by breaking down goals into smaller objectives to encourage motivation and drive results

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>Sports Strength & Conditioning for Young Athletes Dave • 4:30pm</p> <p>Kettlebell Training Amanda • 5pm</p>			<p>Sports Strength & Conditioning for Young Athletes Dave • 4:30pm</p> <p>Kettlebell Training Amanda • 5pm</p> <p>Girls Youth Fitness Training Amanda • 6:15pm (ages 12-15)</p>		<p>Boys Youth Fitness Training Andy • 10am (ages 12-15)</p>



*Update 4/25/16

Details

- Save by committing to ongoing training
- Try a variety of training techniques
- Subject to availability; reserve your space early

Best Value! Just \$12/session

- \$96/eight sessions in one month
- Two-month commitment required
- Must be set up as automated EFT payment
- Add sessions for \$12 each within the month
- 30-day cancellation notice required

Other payment options

- \$20/session drop-in
- \$18/session one time per week, prepaid
- \$15/session two times per week for one month prepaid

