



# SIGNATURE SMALL GROUP TRAINING

**Staenberg Family Complex  
Summer 2016**

**Formats Include**  
Boot Camps  
Box Your BEST  
ViPR™ Training  
TRX® Training

**New  
Expanded  
Schedule!**

[jccstl.org](http://jccstl.org)



# Signature Small Group Training Format Descriptions

## Boot Camp

- Designed for maximum calorie burn in a small group setting
- Individually modified for every fitness level
- Workouts consist of body weight, Battle Ropes, TRX and Kettlebells along with other training tools
- A constantly changing and fun workout

## 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

## J.A.M.M.A. Fitness

- Joint Action Mixed Martial Arts
- Workouts consist of hard “core” cardio training
- Burn twice as many calories as traditional cardio
- Self-defense techniques such as Brazilian Jujutsu, Muay Thai and others

## 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 for fitness gain

## TRX® and Battle Rope Training

- Boot camp workout revolving around the TRX Trainer and Battle Ropes
- High energy, constant movement and fun all in one class
- Increase cardiovascular endurance with a focus on stability, core development and strength

## TRX® Suspension Training

- Full body workouts done exclusively with the TRX Training System
- Easily modified for all fitness levels and body types
- Build total body strength by focusing on core development
- Your whole body works together to make everyday activities easier

## ViPR™ Training

**Vitality, Performance and Reconditioning**

- Bridges the gap between everyday movement and strength training
- Flip, tilt, drop, lift, roll, shift, carry or toss the ViPR for a complete body workout
- Experience a non-traditional, energetic form of training not seen anywhere else in St. Louis
- Improves stability, strength, coordination, power and endurance



## 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 on most general fitness classes (TRX, ViPR, CoreHammer, SRT Barbells, etc).
- High energy and high motivation workout sessions.



## Contact

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# Signature Small Group Training



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Box Your BEST</b> Joe • 12pm	<b>Boot Camp</b> Jerry • 5:30am	<b>Boot Camp</b> Paige • 9:30am	<b>Boot Camp</b> Jerry • 5:30am	<b>Strength and Conditioning – Women Only</b> Ryan • 9:30am	<b>Boot Camp</b> Jerry • 5:30am	<b>Boot Camp</b> Ryan • 8:30am
<b>Box Your BEST Jr.</b> Joe • 1:30pm	<b>Boot Camp</b> Patrick • 9:30am	<b>TRX Suspension Training</b> Val • 11am	<b>Boot Camp</b> John • 6pm	<b>TRX Suspension Training</b> Val • 11am	<b>Boot Camp</b> Val • 9:30am	<b>TRX &amp; Battle Rope Training</b> Paul • 9am
	<b>TRX &amp; Battle Rope Training</b> Courtney • 6pm	<b>Boot Camp</b> Val • 5pm	<b>Boot Camp</b> John • 7pm	<b>ViPR Training</b> Val • 5pm	<b>Box Your BEST</b> Joe • 12pm	<b>Boot Camp</b> John • 10am
	<b>Boot Camp</b> John • 7pm	<b>Box Your BEST</b> Joe • 5:30pm	<b>J.A.M.M.A. Fitness</b> Jerry • 7pm	<b>Boot Camp</b> Ryan • 6pm		
	<b>J.A.M.M.A. Fitness</b> Jerry • 7pm	<b>Boot Camp</b> Jason • 6pm				

Try your first training FREE!

## Your instructors...



Paige Buchanan



Jason Davis



Paul Mueller



Courtney Paquette



Joe Ryan



Val Silberman



John Slay



Ryan Watkins



Jerry Williams



\*Updated 5/30/16

### 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