

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



TRX® & 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

Jason Davis, 314.442.3176, jdavis@jccstl.org



facebook.com/jccstl



Staenberg Family Complex
Winter 2017

Formats Include

Boot Camps
Box Your BEST
ViPR™ Training
TRX® Training

**New 9am
Boot Camps
available!**

jccstl.org



Signature Small Group Training



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Box Your BEST Joe • 12pm Box Your BEST Jr. Joe • 1:30pm	Boot Camp Jerry • 5:30am Boot Camp Patrick • 9:30am Boot Camp John • 5:30pm Boot Camp John • 6:30pm J.A.M.M.A. Fitness Jerry • 7pm	NEW! Boot Camp John • 9am TRX Suspension Training Val • 11am Boot Camp Val • 5pm Box Your BEST Joe • 5:30pm Boot Camp Jason • 6pm	Boot Camp Jerry • 5:30am Boot Camp Paige • 9am Boot Camp John • 5:30pm Boot Camp John • 6:30pm J.A.M.M.A. Fitness Jerry • 7pm	TRX Suspension Training Val • 11am ViPR Training Val • 5pm Boot Camp Ryan • 6pm	Boot Camp Jerry • 5:30am NEW! Boot Camp Val • 8:30am NEW! Boot Camp John • 9am Boot Camp Val • 9:30am Box Your BEST Joe • 12pm	Boot Camp Ryan • 8:30am TRX & Battle Rope Training Paul • 9am Boot Camp John • 10am

Try your first training FREE!

Your instructors...



Paige Buchanan



Jason Davis



Paul Mueller



Joe Ryan



Val Silberman



John Slay



Ryan Watkins



Jerry Williams



*Updated 1/9/17

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