

# Signature Small Group Training

## ALL CLASSES...

- are designed for maximum calorie burn in a small group setting
- allow for modification for all fitness levels to participate
- workouts are unique so no two are identical
- offer natural motivation from peers along with trainer 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 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

### Boot Camps

- Workouts will include aspects of cardio, strength and endurance training
- Participants will utilize Battle Ropes, TRX Suspension Training, kettlebells, body weight and more to maximize their workout
- Several trainers available for Boot Camps so clients can align with what works best

### Box Your B.E.S.T.

Boxing, Endurance, Strength Training

- 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
- Jr. version also available for kids ages 8-16

See schedule for class times

### Core & More **NEW!**

- Offers two diverse workouts in one; hitting more areas of the body allowing for more achievements
- Core focus will be performed on a Pilates Reformer through various strength building movements
- Boot camps will be led by a certified trainer using a circuit-style strength and power cardio training

### F.I.T. **NEW!**

Fun Intense Training

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

### Floor Fridays **NEW!**

- Fitness floor 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
- Learn how to workout using complimentary muscle groups with weighted movements

### Habit Of Awareness **NEW!**

- Actively and deliberately practice physical and mental skills associated with keeping you safe
- Increase your awareness in avoiding potentially risky situations before they're presented
- Learn to be deliberate and consistent
- Most people won't learn or become proficient in self-defense or use of a weapon – this is the next best thing!

### Kickboxing

- Combines martial arts techniques, utilizing a fast-paced workout
- High energy workout offer a challenge for all
- Self-defense benefits may be attained from regular attendance

### MyZone Target Training **NEW!**

- MyZone offers the premiere function of allowing you to control your intensity level
- Heart rate targets are established, and can be individualized, with every exercise using the MyZone colored zones
- Cardio equipment and free weights utilized for circuit-style workouts

### Roll with the Punches

Parkinson's Disease Assn. Certified

- Workout can be modified for all fitness levels for those with Parkinson's
- Builds body strength by focusing on core development and body movement
- Full body workout intended to make everyday activities easier

### TRX® Suspension Training

- TRX System supports a full body workout using primarily body weight for a true challenge
- Core development is a primary focus of several TRX movements
- Clients will utilize TRX straps and additional weights further workout enhancements

**TRX**  
Suspension Training®

### Strength Camp **NEW!**

- Learn 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

 [facebook.com/jccstl](https://www.facebook.com/jccstl)



# SIGNATURE SMALL GROUP TRAINING



Signature Training now includes Body Transformation!

**Staenberg Family Complex  
Oct. – Dec. 2018**

**More than 50 classes to choose  
how you want to get fit!**

**Unlimited  
training  
option  
available!**

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





## Sunday

Time	Class	Instructor
1pm	Habit of Awareness <b>NEW!</b>	Jo

## Monday

Time	Class	Instructor
5:30am	Boot Camp	Jerry
6am	MyZone Target Training <b>NEW!</b>	Chelsey
7am	Body Transformation	Elgin
8:30am	F.I.T. <b>NEW!</b>	Sabra
9:30am	F.I.T. <b>NEW!</b>	Sabra
1pm	Body Transformation	Jason
5:30pm	Boot Camp	John
5:30pm	Body Transformation	Ryan
6:30pm	Boot Camp	John
7pm	Kickboxing	Jerry

## Tuesday

Time	Class	Instructor
8am	MyZone Target Training <b>NEW!</b>	Chelsey
9am	Boot Camp	John
9:30am	Body Transformation	Tracey
11am	TRX Suspension Training	Chelsey
12pm	Body Transformation	Jason
1pm	Roll with the Punches <i>Parkinson's Disease Assn. Certified</i>	Joe
5pm	MyZone Target Training <b>NEW!</b>	Chelsey
5:30pm	Box your B.E.S.T.	Joe
6pm	Boot Camp	Jason

## Wednesday

Time	Class	Instructor
5:30am	Boot Camp	Jerry
6am	MyZone Target Training <b>NEW!</b>	Chelsey
7am	Body Transformation	Sabra
8am	Core & More* <b>NEW!</b>	Stacey & Sabra
9am	F.I.T. <b>NEW!</b>	Sabra
9:30am	Body Transformation	Tracey
12pm	Body Transformation	Jason
1pm	Habit of Awareness <b>NEW!</b>	Jo
5:30pm	Body Transformation	Ryan
5:30pm	Boot Camp	John
6:30pm	Boot Camp	John
7pm	Kickboxing	Jerry

## Thursday

Time	Class	Instructor
8am	MyZone Target Training <b>NEW!</b>	Chelsey
9:30am	Body Transformation	Tracey
11am	TRX Suspension Training	Chelsey
12pm	Body Transformation	Jason
1pm	Roll with the Punches <i>Parkinson's Disease Assn. Certified</i>	Joe
5pm	MyZone Target Training <b>NEW!</b>	Chelsey
6pm	Strength Camp <b>NEW!</b>	Jason
6pm	Boot Camp	Ryan
7pm	Box your B.E.S.T.	Joe

## Friday

Time	Class	Instructor
5:30am	Boot Camp	Jerry
7am	Body Transformation	Sabra
8am	Core & More* <b>NEW!</b>	Sabra & Amber
8:30am	Boot Camp	Tracey
9am	Floor Friday <b>NEW!</b>	Sabra
9am	Boot Camp	John
12pm	Box your B.E.S.T.	Joe
1pm	Box your B.E.S.T. Jr	Joe
4pm	Body Transformation	Ryan

## Saturday

Time	Class	Instructor
9am	TRX Suspension Training	Elgin
10am	Boot Camp	John

Updated 10/8/18  
\*Call for Core & More pricing



Kickboxing

### Contact

Jason Davis, 314.442.3176, jdavis@jccstl.org

## Notes

- Classes generally include 4-10 participants
- Space is subject to availability, reserve your spot early
- Two-month commitment required
- Unlimited and 2x week training require EFT payment plan
- 30-day cancellation notice required

## More Benefits for YOU!

- Save when you commit to ongoing training
- Try different groups to see what works best for you
- Training is customized to your abilities and strengths
- Try different trainers and see who you "click" with
- Experience Body Transformation Training, a new addition to our Signature program, with a dozen new training opportunities

## Meet your trainers



Tracey Barrier-Edwards   Sabra Boes   Jason Davis   Chelsey Greenwood   Elgin Johnson



Joe Ryan   John Slay   Amber Specter   Ryan Watkins   Jerry Williams

All J trainers are nationally certified.

## Unlimited Signature Training Now Available!

- Unlimited \$175\*/month
  - 2x Week \$125\*/month
  - Drop-in \$25/session
- \*EFT payment plan required