



# SIGNATURE SMALL GROUP TRAINING

**Marilyn Fox Building  
Winter 2015**

**Formats Include**  
Strength & Conditioning  
Split-Fit Training  
Kettlebell Training  
Youth Fitness Training

# 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

## Split-fit Resistance Training

- Develop and tone your muscles through upper and lower body workouts
- Meets twice per week, one session each for upper and lower body; join us for one or both
- Training includes progressive resistance and cardio using machines, cables and free weights

## 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

Andy Hayes, 314-442-3147, ahayes@jccstl.org



facebook.com/jccstl



# 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



**Lana Rock**

- Passionate about helping clients create and achieve fitness goals to improve quality of life
- Comfortable with clients of all ages, offering knowledge on resistance and cardiovascular training



**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><b>Strength &amp; Conditioning</b><br/>Women Only<br/>Amanda • 10am</p> <p><b>Sports Strength &amp; Conditioning for Young Athletes</b><br/>Dave • 4:30pm</p> <p><b>Split-Fit Resistance Training</b><br/>Lana • 4:30pm</p> | <p><b>Split-Fit Training</b><br/>Lana • 10am</p> <p><b>Kettlebell Training</b><br/>Amanda • 5pm</p> | <p><b>Split-Fit Resistance Training</b><br/>Lana • 4:30pm</p> | <p><b>Strength &amp; Conditioning</b><br/>Women Only<br/>Amanda • 10am</p> <p><b>Sports Strength &amp; Conditioning for Young Athletes</b><br/>Dave • 4:30pm</p> <p><b>Kettlebell Training</b><br/>Amanda • 5pm</p> <p><b>Girls Youth Fitness Training</b><br/>Amanda • 6:15pm<br/>(ages 12-15)</p> | <p><b>Split-Fit Training</b><br/>Lana • 10:30am</p> | <p><b>Boys Youth Fitness Training</b><br/>Andy • 10am<br/>(ages 12-15)</p> |

Try your first training FREE!

\*Update 1/11/16

### 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

### Details

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