

SIGNATURE SMALL GROUP TRAINING

BENEFITS

- workouts offer maximum calorie burn
- strength & cardio improvements
- modification for all fitness levels
- no two workouts are the same
- offers both peer and trainer motivation and encouragement

CLASS DESCRIPTIONS

Block Zero: Youth (6-12 year olds)

- Provides participants with a proper introduction to basic athletic fundamentals necessary for life and play.
- Body weight exercises are the fundamental basis of this program.
- Med balls, kettlebells, bands, and other resistance equipment maybe utilized.

Body Transformation: Toned

- Looking to drop some body fat and get lean?
- Workouts combine up-tempo intervals of strength and endurance exercises to maximize your time in the gym.
- Get the body and self-confidence you've always wanted.

Body Transformation: Strength

- Looking to pack on some muscle and improve your strength?
- Workouts will utilize bodybuilding and powerlifting concepts to maximize results.
- Build the body and confidence you've always wanted.

Boot Camp

- Designed to maximize calorie burn, this class utilizes a combination of strength and endurance training.
- Workouts consist of body weight, battle rope, TRX, dumbbells and kettlebells along with other training tools.
- Constantly changing and fun, this format is easily modifiable to fit anyone's ability level.

Box Your B.E.S.T. (Boxing, Endurance, Strength Training)

- Fast paced, high endurance boxing themed workout, offering a variety of challenging movements.
- Station drills provide an up-tempo cardio workout with balance, agility and coordination benefits.

Flexible Conditioning

- Improve cardiovascular function, mobility, posture and overall quality of movement.
- Sessions consist of cardio intervals paired with mobility, stretching and soft tissue exercises.
- Participants will utilize rowers, ski ergs and bikes along with a multitude of body weight movements.

Mom Squad

- Designate some time for yourself and get the body you've always wanted.
- Increase strength, stamina, metabolic function and lean muscle tissue.
- Decrease stress, body fat and physical discomfort.

Performance Training

- Workouts designed to strengthen and condition your body for daily life, sport and overall functionality.
- Will focus on strength, power, mobility and well as aspects of sports to improve coordination, balance and athleticism.
- Perfect for those currently playing sports.

Roll With the Punches: Parkinson's Boxing

- Boxing themed workout specifically for individuals with Parkinson's.
- Boxing related drills offer a variety of challenging movements.
- Stationed drills provide a cardio benefit while working on balance, agility and coordination benefits.

Strength Camp

- Consistent training intended to offer gains in power and strength.
- Olympic lifts and their derivatives are the bases of this program.
- Workouts will also include aspects of conditioning to enhance your workout and create further benefits.

TRX Strength & Conditioning

- Workouts will primarily utilize TRX suspension trainers paired with various other exercise tools.
- Fast paced full body workouts will provide you with improved stamina and added strength.
- Great option for all ability levels as the TRX are easily modifiable to fit each participants needs and capabilities.

Signature Small Group Training



30 weekly classes!

Staenberg Family Complex
Winter-Spring 2023

Schedule Signature Small Group Training

Monday		
Time	Class	Trainer
6am	Body Transformation: Toned	Elgin
7am	Box Your B.E.S.T.	Elgin
9:30am	Mom Squad	Elgin
12pm	Performance Training	Jason
6pm	Body Transformation: Strength	Jon-David
7pm	Flexible Conditioning	John

Tuesday		
Time	Class	Trainer
7am	Body Transformation: Strength	Elgin
9am	Flexible Conditioning	John
9:30am	Mom Squad	Elgin
12pm	Performance Training	Jason
5pm	Boot Camp	Jason
6pm	Strength Camp	Jason
6:15pm	Body Transformation: Toned	Jon-David

Wednesday		
Time	Class	Trainer
6am	Body Transformation: Toned	Elgin
7am	TRX Strength & Conditioning	Elgin
12pm	Performance Training	Jason
12pm	Roll w/ the Punches	Joe
5pm	Box Your B.E.S.T.	Joe
6pm	Body Transformation: Strength	Jon-David
7pm	Flexible Conditioning	John

Thursday		
Time	Class	Trainer
6am	Box Your B.E.S.T.	Elgin
7am	Body Transformation: Toned	Elgin
9am	Flexible Conditioning	John
9:30am	Mom Squad	Elgin
12pm	Performance Training	Jason
5pm	Boot Camp	Jason
6pm	Strength Camp	Jason
6pm	Body Transformation: Toned	Jon-David

Friday		
Time	Class	Trainer
5pm	Body Transformation: Toned	Jon-David

Sunday		
Time	Class	Trainer
8am	Flexible Conditioning	Elgin
9am	TRX Bootcamp	Elgin
12pm	Box Your B.E.S.T.	Joe
3pm	Block Zero: Youth	Joe

BENEFITS for YOU!

- Small Groups are led by a certified personal trainer to assure proper technique
- In a group setting, one-on-one attention is recognized for individual improvement
- Use of functional, non-traditional training techniques not found in most general fitness classes (TRX, ViPR, CoreHammer, SRT Barbells, etc)
- Experience social fitness; be inspired by groupmates; and get challenged (and healthy) all in one!

Notes

- Groups generally include 4-8 people
- Space is subject to availability; reserve your spot early
- Two-month commitment required
- 30-day cancellation notice required

Unlimited Signature Training Now Available

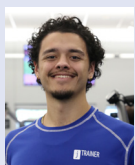
- Unlimited \$179*/month
- 2x Week \$129*/month
- 1x Week \$69/month
- Drop-in \$30/session

*EFT Payment Plan required

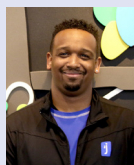
Meet Your Trainers



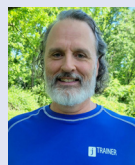
Jason Davis



Jon-David Gunter



Elgin Johnson



John Larson



Joe Ryan

Contact:

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