

CROSS TRAINING CENTER



Group Jams

Group Jams are designed to deliver the fun and benefits of movement based activity. Since everyone's fitness needs are different, we offer an array of Group Jams that meet each member's needs. Our professional, friendly and inviting coaches will get you the results you want.

FUN

FUN JAMS are for members new to cross training who enjoy movement and the comraderie of a group.

- Fun Jams will get you comfortable using the entire fitness center.
- Get engaged, meet new members, and build a sound fitness foundation.
- Learn technique, discover new ways to get moving and enjoy the support and motivation of your fellow members as you have fun!

SHAPE

SHAPE JAMS are for members that aspire to burn calories, lose and/or manage their body weight, and strengthen muscles to improve the shape of their body and movement patterns.

- Shape Jams will provide healthy changes in your exercise habits through dynamic, full body exercises geared to keep you moving.
- Improve your self-confidence, and start the process towards attaining and maintaining your ideal body weight in a slower paced more instructional class.

MOVE

MOVE JAMS are for somewhat more experienced cross training members.

- Increase your level of activity and focus on getting results.
- Get moving in a wide variety of ways that will be both resourceful and fun.
- Improve your functional fitness level and tighten and tone your core.

STRIDE

STRIDE JAMS are a fun, motivating and challenging workout on the treadmill. Open to all runners and walkers regardless of experience. The workout will include exercises both on and off the treadmill.

- Improve your cardiovascular endurance
- Learn proper running form and technique

SPORT

SPORT JAMS will improve performance for cross training members who want to get the most out of their indoor or outdoor workouts.

- Challenge your limits, compete, play harder, and improve your performance for your given sport.
- Sport Jams are not for the faint of heart;
- Prepare for your event, step onto the field, and get it done!

POWER

POWER JAMS are for cross training enthusiasts that want to take their exercise to the highest level.

- Specialty themes and coaches will be highlighted throughout the year.
- You will be pushed to your limit and focus on achieving results.
- Improve your physical appearance, increase strength and stamina.
- Flip a tire, run, cut, jump, or shake some ropes; your coach will get you to your performance goals.