

# CROSS TRAINING CENTER



## Group Jam Schedule

All Jams will be located in the Cross Training Center (Kinesis Studio).

### Winter 2018

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
<b>SHAPE</b> 6:45AM Michela	<b>STRIDE</b> 9:30AM Andrew	<b>POWER</b> 9:30AM Abby	<b>FUN</b> 9:45AM Paul	<b>MOVE</b> 9:15AM Michela	<b>POWER</b> 10:00AM Katie
<b>MOVE</b> 6:30PM Katie	<b>MOVE</b> 7:00PM Andrew		<b>SPORT</b> 6:30PM Mike M.		

Sundays
<b>ACTION</b> 11:00AM Sam

Saw Mill Club



Jams are 45 minutes

Unlimited Jams: \$75 per Month

Drop In \$30

Registration is required for all Group Jams

Group Jams will have a maximum of 12 participants

What  
makes  
you  
jam?

# 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.

### ACTION

**ACTION JAMS** are for members who want to attack their body composition and be a better athlete all at the same time.

- Improve speed, agility and quickness
- Learn moves you have never experienced before
- All levels welcome