

CROSS TRAINING CENTER



Group Jam Schedule

TRAINER LED FOR ALL FITNESS LEVELS

Monday	Tuesday	Wednesday	Thursday	Friday
POWER 9:30AM Natasha	ACTION 7:00AM Chris P	X-TRAIN 9:30AM Suzanne		ACTION 7:00AM Mike

Saturdays	Sundays
POWER 9:30AM Chris P	X-TRAIN 9:00AM Natasha

All workouts are 45 minutes unless otherwise noted

**TRY A JAM TODAY!
FIRST ONE IS FREE!**

JAMS Fees:

Monthly	\$75.00
Drop-in	\$30.00

X-TRAIN

A true mix of cardio and strength using body weight and resistance challenges. Get it all for a total body workout.

ACTION

Quick cardio blasts and calorie burning exercises. Cardio and strength exercises taken to a new level of exhaustion.

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.

SAWMILL CLUB • EAST