JAC Team Training Schedule
Stronger as a Team!
Unlimited Training Sessions included with Platinum VIP Membership

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 am	Strength					
8:00 am						Foundations
8:30 am	Foundations	Foundations	HIIT	Kettlebell		
9:00 am					TRX	
10:00 am					Foundations	
11:15 am		HIIT		Strength		
5:00 pm	Foundations	HIIT	Foundations			
6:00 pm	Strength	TRX	HIIT	Foundations		

Stay up to date with any class changes on the JAC App

Foundations: Level 1 (Beginner) - Proper movement, total body workout, work out at your own pace.

HIIT: Level 2 (Intermediate) - Ultimate fat loss, strength training and cardio, burn up to 1000 calories, a full body workout!

Strength: Level 3 (Advanced) - Heavier loads, fewer reps, for the more athletic, focuses on muscle strengthening.

TRX Basics: All Levels - Suspension training, increased balance, increased flexibility.

Kettlebell: All Levels - Builds a strong core and reduces pain in the neck, shoulders and lower back. Combines your cardio and strength in one session which allows you to get a full workout in less time and burn crazy amounts of fat!