

garage gym schedule

(Sep 9- Dec 31)

Garage Gym class rates

CLASS TYPE	MEMBER DISCOUNT	GENERAL
1 hour, 2x/week including: Kettle Bell Lo-impact/Hi-fitness Ski/Sports Bootcamp Triathlon Cross Train (coming soon!)	\$160/month* (monthly commitment)	\$240/month* (monthly commitment)
Garage Gym 101 email: fitness@slcjcc.org to get scheduled	free	free

*Monthly fee may vary, based on how many classes are offered each month

HIGHLIGHTED CLASSES BEGIN IN OCTOBER!

email: fitness@slcjcc.org to reserve your space

SUNDAY

Personal Training
appts. & Small
Group Training
Sessions only

MONDAY

9:00 AM
Ski/Sports
Bootcamp
Jordan

10:00 AM
Kettle Bell
Allison

12:30 PM
Lo-Impact/
Hi-Fitness
Stephen

7:00 PM
Ski/Sports
Bootcamp
Jordan

TUESDAY

9:00 AM
Lo-Impact/
Hi-Fitness
Stephen

WEDNESDAY

9:00 AM
Ski/Sports
Bootcamp
Jordan

10:00 AM
Kettle Bell
Allison

7:00 PM
Ski/Sports
Bootcamp
Jordan

THURSDAY

9:00 AM
Lo-Impact/
Hi-Fitness
Stephen

FRIDAY

12:30 PM
Lo-Impact/
Hi-Fitness
Stephen

SATURDAY

Personal Training
appts. & Small
Group Training
Sessions only



Schedules also available online and on the MindBody app
Classes and instructors subject to change
For any questions, email: fitness@slcjcc.org

garage gym

class descriptions

Kettle Bells- Can this “cast-iron cannonball with a handle” really drive a burn of 20-calories per minute? Sure thing in this structured setting as you also improve endurance, balance, and core strength. All levels are welcome in this small group setting as you safely master technique & biomechanics using a range of weights, applying towards functional movement.

Lo-Impact/Hi-Fitness- Big gains in this low-impact setting ideal for the active older adult, those rehabbing nagging injury or chronic pain, pre-/post-natal and other unique fitness populations. Focus on functional movements, core and general strength, muscle activation and safe biomechanics with our professional training team’s mastery in safe and effective guidance

Ski/Sports Bootcamp- From skiing to skating, basketball to hockey, this bootcamp setting will focus on cardiovascular endurance and explosive power, biomechanical integrity and core strength as you take your gains from the gym into your sports setting. Our coaching team is masterful at supporting your sports season whether racing or playing so you don’t over (or under) do it!

Triathlon Cross Train- With swim, bike, run, don’t forget the importance of core strength, efficient muscle recruitment, joint stability and active lengthening! All in this setting well programmed for your progression and training plan integration in mind. Ideal for the first time triathlon-curious fitness enthusiast or the seasoned triathlete as our certified coaches are not just in the weight room but also in sport-specific periodization!

policies

All classes are facilitated by a professionally certified Personal Trainer or Coach.

Classes are offered 2x –per week, committed to and paid for on a monthly basis. Autopay may be set up for you by contacting fitness@slcjcc.org.

Classes require a minimum of 3-participants to run, with capacity of 5-participants per timeslot.

If a class must be cancelled for any reason, you will be notified ahead. If you cannot attend your scheduled timeslot and the class is offered at another time with space available, you may discuss with your Coach if you can attend. No refunds or credits are offered for missed classes.

All passes and fees are non-refundable and non-transferable.

For questions or support, please contact: fitness@slcjcc.org.