











IJ & Jeanné Wagner Jewish Community Center
slcjcc.org

GARAGE GYM SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 AM Ski/Sport Bootcamp 9:00AM - 10:00AM	 AM Ski/Sport Bootcamp 9:00AM - 10:00AM		 Functional Strength and Fitness 3:45PM - 4:45PM	 Kettlebell 10:00AM - 11:00AM		
 Kettlebell 10:00AM - 11:00AM	 PM Ski/Sport Bootcamp 7:00PM - 8:00PM					
 Functional Strength and Fitness 3:45PM - 4:45PM						
 PM Ski/Sport Bootcamp 7:00PM - 8:00PM						

AM Ski/Sport 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!

Functional Strength and Fitness

Big gains in this low-impact setting ideal for the active older adult, those rehabbing a 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.

Kettlebell

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.

PM Ski/Sport 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!