



Morning Health Club Fitness Classes

Taught by William Feuerbacher '06, CSCS

8:30 - 9:30 a.m.

Monday, Tuesday, Thursday, Friday

JBS Weight Room

Open to all current parents, alumni and sponsored friends

Utilizing a hybrid circuit of 12-15 stations which focus on increasing aerobic and anaerobic capacity, you will work toward improving balance, flexibility, cardio and strength. Occasionally, you will use kettle bells, dumb bells, bars, resistance bands, Swiss balls, Bosu balls, medicine balls, stability disks and plyo boxes, but for the most part you'll just be using your own body weight.

The class is completely customizable – it can be made as easy or difficult as you like and cater to any goal you have: gain/maintain strength, tone up or lose weight.

Pricing: Punch cards of 11 classes can be purchased for \$100 (cards expire after two months) OR pay as you go – bring \$10 to class whenever you can make it.

For more information, contact William at feuerbwr@gmail.com or 314.496.5057