

# JFORCE



## What is JFORCE?

JFORCE is a community-driven functional training program built to challenge all fitness levels. Individual attention, but not individual effort—it's team energy. You start together, work together, and finish together.

Tired of figuring out which combination of classes will offer strength, endurance, stability, flexibility, cardio, agility and power? You don't have to! Instead, join a program that not only provides all those important elements of fitness but also provides accountability and personalized attention. Along the way, you'll discover that with JFORCE comes greater endurance, mental toughness, and confidence that carries beyond the workout.

Programming is designed by a team of certified fitness professionals who love sharing their passion with others. Check out their Bios on the website for more info!



## INFO | PRICING



### Your JFORCE membership includes:

- ✓ 5 workouts per week
- ✓ Initial Fitness Assessments
- ✓ Quarterly follow-up assessments
- ✓ InBody Scans
- ✓ One complimentary nutrition consultation
- ✓ Events, Challenges, Games, Fun & Friendships



### Training Schedule

<b>MONDAY</b>	Full Body Workout
<b>TUESDAY</b>	Cardio Focus
<b>WEDNESDAY</b>	Core Focus
<b>THURSDAY</b>	Cardio Focus
<b>FRIDAY</b>	Full Body Workout

MON - FRI	
Wave	Start Time*
1	6:15 am
2	7:15 am
3	8:15 am
4	9:30 am

*\*Choose your wave. Be warmed up and ready to workout BEFORE your start time!*

### JFORCE Fees\*

	M	S	B
<b>Monthly</b>	\$145	\$137. <sup>75</sup>	\$130. <sup>50</sup>
<b>Drop-in (per session)</b>	\$25	\$23. <sup>75</sup>	\$22. <sup>50</sup>

[www.charlottejcc.org](http://www.charlottejcc.org)

For more details or questions, contact Group Functional Training Manager  
Melissa Woller: 704-944-6844 or [melissa.woller@charlottejcc.org](mailto:melissa.woller@charlottejcc.org)



Updated 6/3/2026

M=Member S=Silver B=Benefactor