**What do I get with my J-Force Membership?**

- **A NEW Workout** designed to keep you active and engaged 6-days a week
- **Optional Extreme Workouts** each day for those who want to push themselves even harder
- **Personal Performance data** for various milestones to help keep track of your progress
- Weekly and monthly activity and nutrition **Challenges**
- **Accountability** to the team to help keep you motivated
- **Encouragement and Support** from Missy and the entire J-Force team

<table>
<thead>
<tr>
<th>Fees</th>
<th>M</th>
<th>Silver/B</th>
<th>NM</th>
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</thead>
<tbody>
<tr>
<td>Single Monthly</td>
<td>$95</td>
<td>$80</td>
<td>$120</td>
</tr>
<tr>
<td>Package (10 sessions)</td>
<td>$130</td>
<td>$105</td>
<td>$170</td>
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<tr>
<td>Drop-in (per session)</td>
<td>$15</td>
<td>$12</td>
<td>$18</td>
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<tr>
<td>Couple Monthly Plan</td>
<td>$140</td>
<td>$115</td>
<td>$180</td>
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**30-minute High Intensity Workouts**

All training is conducted in the J-Force Room, off the main fitness hallway.

- **MONDAY** ....................... Full Body Workout
- **TUESDAY** ..................... Boxing or Cardio Focus
- **WEDNESDAY** ..................... Core Focus
- **THURSDAY** ..................... Cardio Focus
- **FRIDAY** ....................... Full Body Workout
- **SUNDAY** ....................... Athletic Stretch

**Training Schedule**

<table>
<thead>
<tr>
<th>MON - FRI</th>
<th>SUN</th>
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<tbody>
<tr>
<td>Wave</td>
<td>Start Time</td>
</tr>
<tr>
<td>1</td>
<td>6:15am</td>
</tr>
<tr>
<td>2</td>
<td>7:00am</td>
</tr>
<tr>
<td>3</td>
<td>8:00am</td>
</tr>
<tr>
<td>4</td>
<td>9:30am</td>
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**Questions?**

Missy Schomaker • 704-944-6750
missy.schomaker@charlottejcc.org

**Sandra and Leon Levine Jewish Community Center**
5007 Providence Road • Charlotte, NC 28226
704.366.5007 • charlottejcc.org
What is J-Force?

J-Force is a team training program designed to challenge people of all skill levels. With a mix of cardio, resistance training, and core exercises, the program focuses on developing functional strength. J-Force members, ranging in age from 16-70, push themselves and each other to take on a different workout each day.

What is a typical J-Force workout like?

The team gathers in the room warmed up and ready to go. We review the workout and exercises, answer any questions, and begin. Throughout the workout Missy is there to help motivate, correct form, and provide modifications if needed. The team works together and supports each and every member. We start as a team and we finish as a team, ending each workout with a 60 second plank.

What can I expect to gain?

Besides the obvious improvement in physical fitness, J-Force improves balance, flexibility, agility, speed, and overall strength. You will see growth in endurance, mental toughness, and confidence that will carry on outside of the J-Force room. And lastly, you will be part of a team that supports each other in and out of class.

How do I get started?

To get started, stop into the J-Force room, or email Missy at: missy.schomaker@charlottejcc.org. Together you will discuss your health history, current fitness level and future goals. You will be partnered up with an existing member of the team to help you through your first workout. This first class is free; you may be sore afterwards, but you will be back.

J-Force Helps Achieve Your Goals.

For further details, contact Missy Schomaker: missy.schomaker@charlottejcc.org 704-944-6750

PHYSICAL FITNESS
ENDURANCE AGILITY SPEED
FLEXIBILITY CONFIDENCE
OVERALL STRENGTH BALANCE
MENTAL TOUGHNESS

Challenge Yourself!