

# JFORCE



## INFO | PRICING

### MISSION STATEMENT

We are a large group with a **PERSONALIZED** connection. We cultivate an inclusive environment of fellowship, fun & **CAMARADERIE**

Accountability and actualizing goals are supported by our highly skilled **MOTIVATING TRAINERS**

The J-Force program is dedicated to **EMPOWERING** those in our community through an intentional exercise format in a diverse, functional training design.

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

### What is JFORCE?

JFORCE is a community based 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 fitness. JFORCE members challenge themselves and each other to take on a different workout each day.

The team works together and supports each and every member. We start and finish as a team, ending each workout with a 90 second burnout. JFORCE improves stability, flexibility, agility, speed, and overall strength and power. You will see growth in endurance, mental toughness, and confidence that will carry on outside of the JFORCE room. *Your initial class is free.*



### Training Schedule

#### 30-Minute High Intensity Workouts

Location: **JFORCE Room** (off the main fitness hallway)

**MONDAY** Full Body Workout  
**TUESDAY** Cardio Focus  
**WEDNESDAY** Core Focus  
**THURSDAY** Cardio Focus  
**FRIDAY** 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>Single 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>

### JFORCE Nutrition

We will be offering a discounted opportunity to our JFORCE members to have nutritional support. **Raelyn Hamilton**, our JCC Certified Nutritionist, will be launching a new program specifically tailored for and available exclusively to you. If you have ever wondered about your protein needs or how to understand and count calories, if you are eating at the right times, or any other food questions, this will be your chance to have the support you need to optimize your training. If you are interested in this new opportunity, it will work as follows:

**First month:** you will receive a one-on-one consultation, *InBody* scanning, macronutrient goals, a food log set up, and access to the **JFORCE Nutrition Members Only** page.

**The following months:** you will have the opportunity for 2 individual consults for food log and macro review, a 20 min group meeting (online), *InBody* review as needed, and monthly information provided through the **Members Only** page. This is your chance to set new goals and achieve ones that have felt out of reach.

	M	S	B
<b>First Month</b>	\$120	\$114	\$108
<b>Maintenance</b>	\$64	\$60. <sup>80</sup>	\$57. <sup>60</sup>

M=Member S=Silver B=Benefactor

Please note that all J-Force packages are good for only one year from the date of purchase. Clients must provide 24-hour cancellation notice to avoid charges to their training package.

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 12/11/25