

CLASS SCHEDULE



Monday

Pilates	9:00 am
Spinning	6:15 pm
Full Body Blast	6:00 pm

Tuesday

Mass Effect (Upper Body)	5:30 pm
Boxercise	6:00 pm
Spinning	6:15 pm

Wednesday

Sweat By Dre Outdoor Class	5:30 pm
Sweat By Dre Outdoor Class	6:30 pm

Thursday

Mass Effect (Lower Body)	6:00 pm
Spinning	6:15 pm

Friday

Seniors' Fitness	8:30 am
Flex Friday	5:15 pm
Sweat By Dre Outdoor Class	6:15 pm

Saturday

Premium F.T.T.	7:00 am
OCR Training	8:30 am
Pilates	8:30 am

Registration / Booking for all classes can be done through our website

FEES & MEMBERSHIP

Session	\$ 20.00
Weekly	\$ 70.00
Monthly	\$125.00
Yearly	\$1,350.00

◆ Student/Senior Limited Special**

Full-time students (who are not employed) and individuals 65 years or older can apply for the student/senior limited monthly package. This package allows for a maximum of twelve (12) gym sessions per month. Proof of one's status (student or senior) must be provided .

Limited Monthly	\$105.00
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Classes

Classes are not included in gym membership. The cost of each class is as follows:

Active Members	\$ 10.00
All Other Parties	\$ 15.00

There is a Registration Fee of \$50.00 charged on the first payment of membership.

Visitors/Guests

Session	\$ 20.00
Classes	\$ 15.00
Weekly	\$ 70.00
Monthly	\$140.00

All Prices are quoted in Barbados dollars.

J&S Fitness

6 Holders Hill, St. James.

BARBADOS

Tel : (246) 622-1417

Website : www.jscompanyltd.com

E-mail : fitness@jscompanyltd.com



Reach Your Optimal Potential

Monday

OPENING HOURS

Mon - Fri 5:00 a.m. - 8:30 p.m.

Sat 7:00 a.m. - 1:00 p.m.

Pilates

9:00 am

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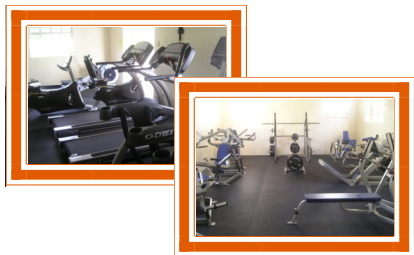
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J&S FITNESS FEATURES

With state-of-the-art equipment complemented by dedicated, knowledgeable and friendly staff, *J & S Fitness* offers fitness with you in mind. So whether your aim is to lose weight, build muscle mass or simply to maintain your fitness level, J & S Fitness is the supreme stop for you to achieve your health and fitness goals.

Cardio

The cardio rooms at J&S Fitness are well equipped with a wide range of cardiovascular machinery from *Cybex* including Treadmills, Arc Trainers, Steppers, Cyclones (Upright & Recumbent), and Rowers. All cardio equipment carry contact heart rate monitoring, or Polar compatibility, allowing you keep track of your heart rate and workout intensity.



Weight Training

With over 25 pieces of weight training equipment and machinery, J & S Fitness is well accessorised for building that chiselled body. Carrying a mixture of stack and plate loaded *Cybex* machinery, along with dumbbells ranging from 11lb to 150lbs, we are well equipped to give each body part the attention it needs.

J&S FITNESS FEATURES

Fitness Classes

J & S Fitness' fitness classes are instructor led, group based classes with the overall goal of helping to keep you motivated, while providing variety to your gym workout routine. Classes employ a 'work at your own pace' dynamic, despite being group based. See the attached class schedule for a list of classes currently being offered .



MAJOR GYM RULES

- ◆ Participants must be dressed in appropriate gym wear
- ◆ Participants must exercise with a towel
- ◆ Soft shoes are mandatory in the gym
- ◆ Machinery should be sanitized before and after use.
- ◆ A limit of 20 minutes is placed on all cardio equipment during busy periods
- ◆ Return all dumbbells and weights to their racks after use
- ◆ Registration for classes should be completed online via our website. Cancellations for classes should be completed at least one hour before the scheduled class either online via our website or by calling the gym.

ADDITIONAL FEATURES

Orientation

Members of J & S Fitness are entitled to two (2) complimentary orientation sessions. These sessions will involve a standard body assessment, a basic evaluation of the member's current fitness level and introduce the member to the proper use of various weight machines. From these results appropriate starting levels for cardio and weight training will be determined.

Sessions are available by appointment only.

Personal Trainers

Trainers available upon request. Special fees attached.

Individual Programs (\$30.00)

Try our personalized workout programs tailored to help you reach your individual goals. Programs are based on both your workout preferences and your desired workout schedule.

Massage Therapy

After an intense workout you can enjoy a relaxing 40 minute or 1 hour full body massage, or a shorter 20 minute treatment from a certified massage therapist. Prices are available upon request.

