

# GROUP TRAINING

## OPEN FOR COMMUNITY REGISTRATION

# BURN

group strength



**BURN**

**Afterburner is now BURN!**

BURN high-intensity interval training (HIIT) is a group training workout that alternates between intense bursts of activity and fixed periods of less-intense activity or rest for maximum fat burning. BURN classes utilize the TRX Suspension Trainer, TRX Rip Trainer, Kettlebells, and much more to ensure you're getting the best workout possible!

During BURN, your goal is to keep your heart rate between 60-80% of your maximum heart rate. This ensures that more calories are burned after the workout for increased results. WIRED wearable technology partnered with in-class monitors during BURN classes gives you instant feedback to keep your workout on track!

**Try BURN for FREE during Kickoff Weekend**

Saturday, October 5  
9:30AM in the Marcus Gym  
Drop-ins welcome!

Sunday, October 6  
8:05AM in Studio B

Must register in advance for the Sunday Kickoff. Limited space available.

**BURN has 3 Degrees:**

- **Burn** • 60 minute class • 40 seconds exercise / 20 seconds rest per interval.
- **Burn Express** • 30 minute condensed class • 40 seconds exercise / 20 seconds rest per interval.
- **Burn Extreme** • 60 minute class • 50 seconds exercise / 10 seconds of rest per interval • Burnout - no breaks in final round.

**BURN Rates:**

JCC Members \$15  
Community \$25 per class

**Burn Express is free for JCC Members!**

**Package pricing for JCC members: Save more by buying in bulk!**

- 4 pack \$48
- 8 pack \$80
- 12 pack \$96

*\*packages expire 2 months after purchase date*

Month Unlimited - \$75  
*expires 31 days after purchase*

	5:30 AM	8:30 AM	9:30 AM	12:00 PM	6:00 PM
<b>Monday</b>	Burn	Burn			
<b>Tuesday</b>			Burn Extreme		
<b>Wednesday</b>	Burn	Burn Extreme			Burn Extreme
<b>Thursday</b>			Burn		
<b>Friday</b>	Burn Extreme	Burn		Burn Express	
<b>Saturday</b>		Burn Extreme			

Subject to change. Find updated schedules at [jccmilwaukee.org/schedules](http://jccmilwaukee.org/schedules).



**Get WIRED**

Wearable technology is one of the hottest and most effective fitness tools on the market. Push yourself past your limits to achieve maximum results on site and by using the app.

Chest strap \$40  
Arm Band \$65

Get points for working out! It's simple, workout at the JCC while using your wired product and automatically be entered to win JCC Wellness Bucks!

See a fitness floor attend for more information or contact Katie Nickel at [knickel@jccmilwaukee.org](mailto:knickel@jccmilwaukee.org)

**READING YOUR TILE**

1. Name
2. Intensity Score (effort over time)
3. Current Heart Rate
4. Total Calories Burned
5. Current Percentage of Max Heart Rate
6. Length of Time in Current Heart Rate Zone
7. Heart Rate Monitor Battery Level