

# Personal Training

Individualized fitness and structured workouts. A personalized and guided routine to help you achieve your fitness goals. The JCC Fitness Center personal trainers make your progress effective, efficient and enjoyable.

Certified, knowledgeable, patient...we pick our trainers carefully. They are certified through nationally accredited organizations including ACSM, AFAA, ACE, NASM. Our trainers work with you to create attainable goals and expectations ~ getting to know you, your limits, and your health ~ making for a successful training experience.

## Personal Training...

- reduces risk of cardiovascular disease
- prevents bone loss
- relieves tension, anxiety and depression
- boosts energy level
- reduces stress
- builds strength
- increases metabolism
- decreases body fat

## JCC Personal Trainers Can Help You...

- gain optimal health and fitness
- get the best results in the shortest amount of time
- stay motivated and inspired
- keep variety in your routine
- maintain a safe and productive exercise regimen while under a physicians care for rehabilitation

**Create a happier and healthier lifestyle that includes exercise as an attainable goal with A JCC Personal Trainer by your side!**

## Fee Structure

Session Type	Fitness Center Member Rate	Partner Pricing
Single private session - 1 hr	\$60	\$40/person
Package of 8 sessions - 1 hr	\$472	\$300/person
Package of 12 sessions - 1 hr	\$684	\$420/person
Package of 20 sessions - 1 hr	\$1100	\$660/person
Single private session - 30 min	\$35	\$25/person
Package of 8 sessions - 30 min	\$272	\$180/person
Package of 12 sessions - 30 min	\$384	\$240/person
Package of 20 sessions - 30 min	\$600	\$360/person

\* Personal Training packages are non-transferable and non-refundable.

\*\* Group pricing for 3+ people also available.



activate your lifestyle

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