

# PERSONAL TRAINING

## A BENEFIT OF JCC MEMBERSHIP



### TAKE YOUR WORKOUT TO THE NEXT LEVEL

Our professional trainers have the knowledge and expertise to:

- Assess your current level of fitness and create an individualized workout plan based on what you want to achieve
  - Teach you the proper way to perform each exercise movement
    - Enhance your motivation to continue with a workout plan
- Keep you accountable, making it more likely that you'll continue with your training program
- Teach you a variety of exercise methods, which can keep you from getting bored
  - Make the most of your workout time, which increases your efficiency

To learn more about Personal Training contact Katie Nickel, Fitness Director  
knickel@jccmilwaukee.org or 414-967-8269

[jccmilwaukee.org/personaltraining](http://jccmilwaukee.org/personaltraining)

### Restorative Stretch

A recovery day is one of the most important days in your training schedule. Schedule yours with a JCC personal trainer. They'll coach you through recovery exercises, foam rolling, assist with stretching and apply Hyperice technology to enhance your recovery day! Pricing structure follows our personal trainer pricing.

### Special Personal Training Packages

The JCC has a diverse group of personal trainers who can assist clients through different wellness goals. This fall we are providing specific personal training packages for special members. Each package includes 4 – 60 minute personal training session.

- **September Restorative Stretch** – recovery exercises, assisted and manual stretching, foam rolling and Hyperice technology used for a well-round restorative session
- **October Postpartum** - Honor your postpartum body with a program specifically designed for women who have recently had babies. All clients must be cleared for exercise by a doctor
- **November Shoulder Pain Prevention** – Shoulder pain can hinder your workout and your activities of daily living. Receive exercise to prevent or reduce shoulder pain. Clients with a diagnosed shoulder issue must be cleared for exercise by a doctor
- **December Weight Loss** – start your weight loss goals before the new year begins

**Cost:** \$190-\$230 depending on trainer level. Packages expire after 30 days.

### Foundations Program

New JCC members receive three complimentary sessions with a trainer to get you started on your fitness journey.  
*FREE • \$180 Value*

### Try Pack 3 for \$99

For current members new to Personal Training only. When you are ready to turn intention into action, try three sessions for only \$99 and learn how working with a trainer can help you work more efficiently to reach your goals.

### Session Packages

Session pricing based on qualifications of trainer and number of sessions 1 / 4 / 8 / 12

#### Private One-to-One (1 hour)

*A traditional full hour of individualized personal training.*  
Personal Trainer \$55 / \$210 / \$396 / \$561  
Senior Trainer \$60 / \$230 / \$436 / \$621  
Master Trainer \$65 / \$250 / \$476 / \$681

#### Express One-on-One (1/2 hour)

*For those looking for a more intense, shorter workout.*  
Personal Trainer \$30 / \$114 / \$220 / \$306  
Senior Trainer \$33 / \$126 / \$244 / \$342  
Master Trainer \$36 / \$138 / \$268 / \$378

#### Partner Training (1 hour – 2 people)

*Partner training increases commitment to a regimen.*  
Personal Trainer \$30 / \$114 / \$220 / \$306  
Senior Trainer \$33 / \$126 / \$244 / \$342  
Master Trainer \$36 / \$138 / \$268 / \$378

#### Small Group Training (1 hour – 3+ people)

*Small group training builds camaraderie in a group dynamic.*  
Personal Trainer \$16 / \$64 / \$128 / \$192  
Senior Trainer \$18 / \$72 / \$144 / \$216  
Master Trainer \$20 / \$80 / \$160 / \$240

### Personal Training Subscription

Inquire about our monthly rate for clients with a consistent training schedule.  
Pricing available online.