

personal training/ group training

ALL JCC PERSONAL TRAINERS ARE NATIONALLY CERTIFIED AND/OR DEGREED FITNESS PROFESSIONALS WITH A WIDE RANGE OF EXPERIENCE AND EXPERTISE.



jcc specialties

WEIGHT LOSS

**CORE/FUNCTIONAL
TRAINING**

SPORTS SPECIFIC

SPECIAL POPULATIONS

**STRENGTH/SHAPING/
SCULPTING**

**FLEXIBILITY
ENHANCEMENT**

**REHABILITATION
TRAINING**

YOGA

**PILATES
(MAT AND REFORMER)**

MARTIAL ARTS

ENDURANCE TRAINING

PRE AND POST NATAL

YOUTH TRAINING



Jewish Community Center - Uptown

5342 St. Charles Ave., New Orleans, LA 70115 - 504.897.0143

Goldring-Woldenberg JCC - Metairie

3747 West Esplanade Ave., Metairie, LA 70002 - 504.887.5158

www.nojcc.org



did you know?

THE AVERAGE FEMALE WORKING WITH A JCC TRAINER LOSES 1 TO 1 1/2 POUNDS PER WEEK.

THE AVERAGE MALE WORKING WITH A JCC TRAINER LOSES 1 1/2 TO 2 POUNDS PER WEEK.

why are you waiting?

2009 personal training/ sports specific packages

PACKAGE COST/
COST SESSION

1 SESSION	\$65/\$65
3 SESSIONS	\$155/\$52
6 SESSIONS	\$280/\$47
10 SESSIONS	\$420/\$42
20 SESSIONS	\$800/\$40
30 SESSIONS	\$1,170/\$39
40 SESSIONS	\$1,520/\$38
50 SESSIONS	\$1,850/\$37
50+ SESSIONS	#SESSIONS X \$35

group rate (up to 3 clients)

10 SESSIONS	\$550/CLIENT/\$28
20 SESSIONS	\$1000/CLIENT/\$25

pilates reformer

10 SESSIONS	\$600/\$60
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guidelines

- All new clients must contact the Wellness Director (Uptown - 504.897.0143 or Metairie - 504.887.5158)
- An initial fitness evaluation will be administered by an assigned personal trainer and a medical questionnaire must be completed by the client.
- The client will then determine the number of training sessions desired and payment will be made. All payments should be made out to the Jewish Community Center.
- All clients will initial their personal training receipts at the fitness desk before each session.
- Each session will last one hour. If you are late for your appointment, your trainer is ONLY obligated to finish the remainder of your hour.
- Any cancellation should be made at least 24 hours in advance. The client will be charged for the session when not given enough notice.
- Fitness re-testing will be done approximately every 4 - 6 weeks.

All personal training packages purchased will expire within 3 months to 1 year depending upon the number of sessions purchased.

