



PERSONAL TRAINING:

The fastest, most effective way to achieve your goals.

Whether you aim to feel better, move better, lose weight, or get stronger you'll take part in a results-oriented program. All **JCC Personal Trainers** are certified by nationally accredited organizations.

BENEFITS

- Accountability
- Make exercise *FUN*
- Clear direction to achieve goals
- Maximize your workout time

60-MINUTE SESSIONS

5 Sessions: \$400
10 Sessions: \$755
20 Sessions: \$1,380

45-MINUTE SESSIONS

5 Sessions: \$340
10 Sessions: \$640
20 Sessions: \$1,170

30-MINUTE SESSIONS

5 Sessions: \$265
10 Sessions: \$480
20 Sessions: \$890





JCC ROCKLAND

PERSONAL TRAINING:

PARTNER TRAINING SESSIONS

2 PEOPLE, 60-MINUTES

- 5 Sessions: \$235 (per person)
- 10 Sessions: \$430 (per person)
- 20 Sessions: \$790 (per person)

2 PEOPLE, 30-MINUTES

- 5 Sessions: \$160 (per person)
- 10 Sessions: \$280 (per person)
- 20 Sessions: \$515 (per person)

TEEN PERSONAL TRAINING

30-MINUTES SESSIONS

- 5 Sessions: \$235
- 10 Sessions: \$425

PAY ON A MONTHLY BASIS AND SAVE

Discounted rates available for those who want to train on an ongoing basis.

30 minutes	4 sessions/month	\$180.00
30 minutes	8 sessions/month	\$332.00
30 minutes	12 sessions/month	\$498.00
45 minutes	4 sessions/month	\$270.00
45 minutes	8 sessions/month	\$498.00
45 minutes	12 sessions/month	\$747.00
60 minutes	4 sessions/month	\$280.00
60 minutes	8 sessions/month	\$520.00
60 minutes	12 sessions/month	\$780.00

For more information or to schedule an appointment call Lisa Goldstein at 845.362.4400 ext 104 or lisag@jccrockland.org.

