



jccatlantic.org



Workouts Made to Fit You

PERSONAL TRAINING

Personal training is a customized exercise program designed to meet your individual fitness goals and fitness level. Your personal training program is created by our expert fitness professionals to achieve a number of health and fitness objectives including attaining a healthy weight, improving endurance and posture, reducing stress, improving balance and stability, strengthening the heart and the body and lowering blood pressure.



Getting Started

Begin by meeting with our staff of certified personal trainers to find one that meets your personality and goals. When you have chosen a trainer, they will start by conducting a comprehensive assessment of your current physical condition and interview to determine your personal goals to create a wellness and lifestyle profile. Through one on one personal support and guidance, your trainer will create a program tailored to meet your specific goals and will closely monitor your progress through scheduled training sessions to help you succeed.

Personal Training Package Pricing Plans

Hour Session	Member Price	Guest Price
1	\$70 <i>\$70 per session</i>	\$85 <i>\$85 per session</i>
3	\$195 <i>\$65 per session</i>	\$240 <i>\$80 per session</i>
6	\$360 <i>\$60 per session</i>	\$450 <i>\$75 per session</i>
10	\$550 <i>\$55 per session</i>	\$700 <i>\$70 per session</i>
20	\$1,050 <i>\$52.50 per session</i>	\$1,350 <i>\$67.50 per session</i>
30	\$1,425 <i>\$47.50 per session</i>	\$1,875 <i>\$62.50 per session</i>



Milton & Betty
Katz JCC

Harry and Jeanette Weinberg
Jewish Community Campus
501 N. Jerome Avenue
Margate, NJ 08402
609.822.1167
jccatlantic.org