



JCC Louisville Personal Training



3600 Dutchmans Lane • Louisville, KY 40205
(502) 459-0660 • www.jewishlouisville.org/jcc

The Benefits

The goal of personal training is to provide you with a program designed to meet your individual needs and to help you create a fitness program based on your specific goal. JCC certified personal training professionals utilize Exceed Fitness Programming methods to take you a step beyond your typical exercise regimen, and help you eliminate any guess work!

The Mission

The mission of the JCC personal training program is to educate and motivate you to achieve your fitness goals through personalized guidance and instruction, utilizing the exercise facilities at the JCC of Louisville.

Exceed Your Expectations

with our Exceed Personal Training for JCC Members

Exceed Foundations™



Designed for new members or individuals looking for the best fitness program to meet their needs. For \$30, Exceed Foundations provides two 45 minute sessions with a certified personal trainer and includes:

- **Full fitness assessment and goal-setting**
- **Results-based training consultation**
- **Discounted personal training package**
(Upon completion of the Foundations program.)

Variety, consistency, education, support, guidance and motivation will help you achieve your personal goals.

To schedule your personal training sessions, call (502) 238-2792.

Personal Training Options

Private One-on-One Training (One Hour)

- A full hour of individualized personal training.

Private One-on-One (Half Hour)

- The perfect fit for anyone with a tight schedule and a desire for a concentrated workout.

Partner (2 People) (One Hour)

- Do you want to train with a friend or two? Partner training increases commitment to a fitness regimen.

Small Group (3+ People) (One Hour)

- Individualized instruction; great value!



Private

One Hour Session

• Introductory Special!

3 sessions \$99/person

- 5 sessions \$250/person
- 10 sessions \$450/person
- 20 sessions \$800/person

Private

Half-Hour Session

• Introductory special!

3 sessions \$66/person

- 5 sessions \$150/person
- 10 sessions \$270/person
- 20 sessions \$480/person

Partner (2 people)

One Hour Session

- 5 sessions \$175/person
- 10 sessions \$315/person
- 20 sessions \$560/person

Group (3+ people)

One Hour Session

- 5 sessions \$165/person
- 10 sessions \$300/person

Please note: Packages are non-transferable and non-refundable. Packages expire 12 months after the date of purchase. Sessions are priced from the time the appointment is scheduled to begin. Scheduled appointments must be cancelled 24 hours in advance.

Exceed Personal Training Interest Form

Name _____

Phone #1 _____ Phone #2 _____ E-Mail _____

Your primary fitness goal _____

How many sessions would you like per week? _____ I prefer my trainer to be: ☐ Male ☐ Female ☐ Either

When do you prefer to work out?

☐ 6 - 8 a.m. ☐ 8 - 11 a.m. ☐ 11 a.m. - 2 p.m. ☐ 2 - 6 p.m. ☐ 6 - 9 p.m. ☐ Other

Other comments _____

Give your completed form to the staff at the JCC Health & Wellness Desk (lower level). We'll contact you soon!