

Fitness

For more information contact **Dae Williams**
at ext. 1278 or e-mail daew@vosjcc.org



More Great Fitness Classes

Visit the Welcome Desk for a group fitness schedule

- Ballet Barre Workout
- BodyPump
- BodyVive
- Cardio Kickboxing
- Conditioning for Women
- Core & More
- Cycle
- Dance Xplosion
- Restorative Yoga
- Rockin Boxin
- Seniorcise
- Step
- Teen Fitness Academy
- Total Body Conditioning
- Yoga for Beginners
- Zumba

Personal Training

Whether you need dietary advice, a new workout or someone to motivate you, the JCC Fitness Team is here for you! We'll help you reach your fitness goals!

FREE Fitness Orientations!

New members receive four free orientations to the cardio equipment and our "30 Minute" circuit training system.

Personal Training *Members only.*

30 min session **M** **Code**

3	\$100	SW0527
6	\$180	SW0528

60 min session **M** **Code**

3	\$175	SW0503
6	\$330	SW0504

Buddy Personal Training 30 minute sessions

Session **M** **Code**

3	\$65/buddy	SW0561
6	\$125/buddy	SW0562

Small Group Personal Training *Min. 3/Max. 5*

60 min **M** *Price Per Group* **Code**

8	\$674	SW066
12	\$1,010	SW067

Teen Personal Training *19 years or younger*

30 min **M** **Code**

3	\$60	SW0535
6	\$120	SW0536

60 min **M** **Code**

3	\$120	SW0513
6	\$240	SW0514

Teen Buddy Personal Training *19 years or younger*

60 min **M** **Code**

3	\$105/buddy	SW0517
6	\$200/buddy	SW0518

Pilates

Private Pilates

60 min **M** **Code**

3	\$175	SW0053
6	\$330	SW0052

Buddy Pilates

60 min **M** **Code**

3	\$129/buddy	SW0058
6	\$252/buddy	SW0059

Yoga

Yoga Personal Training

Take advantage of working privately with one of our Yoga specialists on asana, breathing, strength and flexibility.

60 min **M** **Code**

1	\$60	SW0056Y
3	\$175	SW0057Y
6	\$330	SW0058Y

Semi-Private 3 - 4 people

60 min **M** **Code**

1	\$20/person	SW0054Y
6	\$90/person	SW0055Y

Buddy Training

60 min **M** **Code**

3	\$129/buddy	SW0058
6	\$252/buddy	SW0059

O.P.T. - Online Personal Training

Fitness at your Finger Tips!

Want to work with a trainer, but you cannot make it to the gym? The JCC offers online personal training. Package includes a warm up, printable workout for the entire body, stretches, and a cool down. E-mail daew@vosjcc.org to start today!

Member: \$69/month **Code:** SW0068

NEW WellStart

The WellStart program is an individualized, personalized, health-coaching program that enables our fitness trainers to support members in the attainment of their health and wellness goals. The program offers a comprehensive fitness and postural assessment, goal achievement strategies, and development of a program designed to meet each individual's needs. This program is available at no charge to all members.

NEW BeWell

BeWell is an online program that offers an array of tools to help members optimize their fitness, dietary, and wellness goals. The meal and exercise planner helps to keep participants on track and the health profile helps to identify potential risk factors or obstacles to optimizing health. This online tool is available at no charge to all members.