

JCC members get results with personal training!



“My trainer helped me understand the need to set aside time to exercise and take better care of myself. My trainer’s energy and vitality sustained my motivation to become more physically active.”

- Pedro Carrasquillo



“Personal training keeps me on track and insures that I come back! It has definitely helped me keep in shape.”

- Susan Gold



“After having two kids I found it very challenging to get back in shape. My trainer kept me motivated to make sure that the time spent in the gym was effective. Thanks to the support of my trainer, I am now training for my first triathlon!”

- Lee Blum Ascher

Personal Training

at the Leventhal-Sidman JCC



JEWISH COMMUNITY CENTERS OF GREATER BOSTON
Leventhal-Sidman JCC
333 Nahanton Street • Newton
617-558-6522
jccgb.org

To schedule your personal training session, stop by the trainers’ desk in the fitness center, call 617-558-6458 or email personaltraining@jccgb.org

Open to all



Copyright © 2011 Jewish Community Centers of Greater Boston, Inc. All rights reserved.

SUPPORTED BY
cjp

HEALTH & FITNESS



Personal Training

at the Leventhal-Sidman JCC

- Get results
- Get motivated
- Meet goals
- Build strength
- Increase endurance
- Improve flexibility
- Prevent injury

JCC
BOSTON

Everyone can benefit from personal training

Personal training can help you...

- Stay motivated
- Meet your fitness goals
- Build strength
- Increase endurance
- Improve flexibility
- Prevent injury

Hiring a personal trainer is a great way to get in shape and stay in shape.

Anyone of any age can experience the benefits of personal training.



Personal training at the JCC is easy.

Personal training is actually a supervised exercise session. We'll match you with a **personal trainer** who has experience in what you are trying to accomplish – from simply staying fit to training for a marathon.

You are given **one-on-one attention** to make sure you are using proper form and technique. JCC trainers will help you learn the proper use of the JCC's equipment and determine the **best exercises, stretches and weight resistance** for all muscle groups. Your trainer will diversify your training plan from time to time to add variety, keep you motivated and allow for continued progress.

JCC trainers are **certified professionals** with education and experience across many disciplines. Your trainer will **customize** a fitness plan to fit your needs, budget and schedule.

You can schedule just a few sessions with a trainer, train several times a week, or just check in periodically. Some prefer to **train with a partner or in small groups**. Trainers are available at any hour that the JCC is open.

With your personal trainer's guidance, support, knowledge and motivation, **you'll see results** you wouldn't necessarily achieve on your own. And sooner than you would expect!

Get started with personal training today.

Stop by the trainers' desk in the fitness center or contact 617-558-6458 or personaltraining@jccgb.org.

The JCC's 20 personal trainers work with men and women of all age groups and ability levels.

Areas of expertise include:

- | | |
|-----------------------|---------------------------------------|
| Body building | Senior adults |
| Cardiac rehab | Children and adults with disabilities |
| Children and teens | Sports specific training |
| Cross training | Weight loss training |
| Functional fitness | |
| Injury rehabilitation | |

Get even better results!

Combine **Personal Training** with the JCC's **Take It Off™** weight loss program or **Pilates Studio** training.



takeitoff
weight loss program

If losing weight is your goal, combine personal training with our successful **Take It Off** weight loss program. More than 300 members have lost nearly 4,000 lbs! Contact takeitoff@jccgb.org to learn more.

Pilates Studio

Enhance your fitness even more by training in our private **Pilates Studio**. Increase flexibility, relieve stress and back pain, boost core strength, develop leaner muscles. Contact pilatesstudio@jccgb.org to learn more.