

Private Fitness Training at the J

PERSONAL TRAINING, BOXING & SPORTS X TRAINING			
Personal Training Rates	1 Session	10 Sessions	20 Sessions
1 HR One-on-One Personal Training	\$80	\$750	\$1400
1/2 HR One-on-One Personal Training	\$55	\$500	\$900
1 HR Semi-Private Personal Training	\$55 per person \$110	\$500 per person \$1000	\$850 per person \$1700
1 HR Trio	\$45 per person \$135	\$385 per person \$1155 for trio	\$625 per person \$1875
1 HR Quad	\$35 per person \$140	\$300 per person \$1200	\$500 per person \$2000

PILATES REFORMER TRAINING			
Pilates Reformer Rates	1 Session	10 Sessions	20 Sessions
1 HR One-on-One Pilates Training	\$75	\$700	\$1300
1 HR Semi-Private Pilates Training	\$55 per person \$110	\$500 per person \$1000	\$850 per person \$1700
1 HR Trio Pilates Training	\$45 per person \$135	\$385 per person \$1155	\$625 per person \$1875

GROUP PERSONALIZED TRAINING (CREATE-A-BOOTCAMP)

***\$140-\$160 per person. Minimum 6 people, Maximum 13 people.**
 *Consult your trainer to discuss goals, desired activities and training style. Prices will vary based on equipment needs, intensity level and space availability.

Sign up for all training sessions and KidsClub babysitting at the Fitness Desk. Training is open to Merage JCC members only. **For more information contact the Merage JCC Fitness Desk at (949) 435-3400 ext. 283 or e-mail melissao@jccoc.org.**

PLEASE NOTE:

- **PAYMENT.** Payment in full is required prior to first session.
- **SESSION TICKETS.** Member must pull session ticket at the fitness desk and present to trainer at the beginning of each session.
- **EXPIRATION.** All packages expire one year from date of purchase.
- **CANCELLATION:** Please reschedule at least 24 hours prior to appointment. If no call is made, training will be charged.



LET'S GET PERSONAL!

Personalized Training

Sports X Training at the J Do you want to Jump Higher? Run Faster? Become more agile? Whether you are a student athlete, weekend warrior or someone who is striving for elite fitness, the Sports X Training at the J will help you meet or surpass any fitness goal you are trying to achieve.

Personal Training can take you to the next level whether your focus is strength or cardiovascular fitness. Let one of our experienced, certified trainers tailor a program specifically for you or choose from our custom workouts.

Personalized Boxing/Kickboxing Training

Alternating bursts of intense activity such as kicking and punching, alternating with intervals of lighter activity including: core and corrective posture exercises, and simple calisthenics. Try this high cardio workout and watch the weight drop off! This workout is designed for all fitness levels.



Personalized Pilates Training

Our private, duo or trio classes are for women and men who want beautiful long lean muscles! Utilizing our Stott Pilates Reformers our instructors can help you to achieve your fitness goals.



Group Personalized Training (Create-A-Bootcamp)

This specialized bootcamp allows you to come get personalized attention with your own group of friends. Choose the bootcamp specialist of your choice. 6 person min., 13 person max.

Teen Certification

Members 12-15 years of age may become certified to use the fitness center equipment without direct adult supervision by completing the Teen Certification course. Children under the age of 12 are not allowed in the fitness center.

TEEN CERTIFICATION		
1 HR One-on-One Teen Training	1 Session \$80	For teens 12-15 years of age.

KidsClub Babysitting Service

Enjoy your personal training or fitness workout with the knowledge that your children are being watched in a safe, secure environment. For children ages 6 months and up.



KIDS CLUB BABYSITTING		
Babysitting Rates	\$5 Per Hour	Monday-Thursday: 8 a.m.-12 p.m. and 4-8 p.m.
PACKAGES:		Friday: 8 a.m.-12 p.m.
Package of 10	\$45	Sunday: 8 a.m.-12 p.m.
Package of 20	\$80	
Package of 30	\$105	

For more information contact the Merage JCC Fitness Desk at (949) 435-3400 ext. 283.

Merage
Jewish Community
Center



of Orange County

Samueli Jewish Campus
One Federation Way Irvine,
CA 92603

www.jccoc.org

GET FIT • SHAPE UP



meet your fitness goals

we're here
to help!

- Personal Training
- Pilates Training
- Sports X Training
- Boxing Training
- Group Personalized Training (Create-A-Bootcamp)
- Teen Certification
- KidsClub Babysitting

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