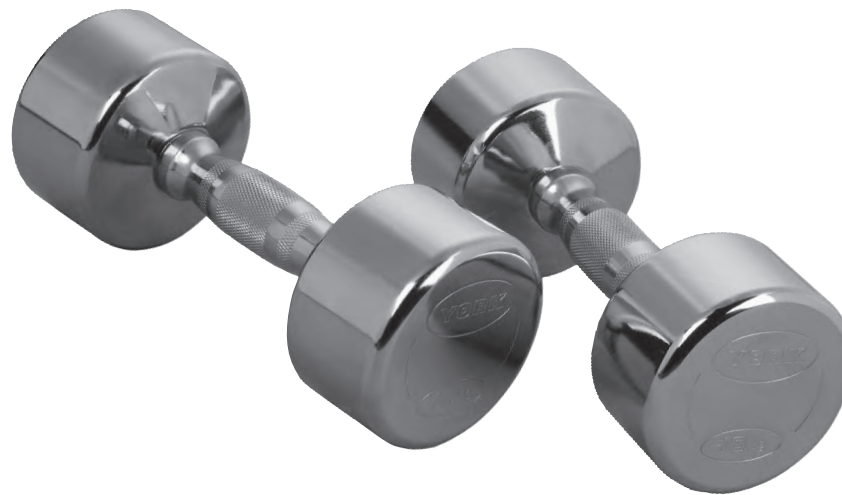


Personal Training

at the Shaw JCC

Are you tired of the same workout routine that you've been doing for months, or even years? Are you training for your first marathon? Do you just want to be able to keep up with your kids or grandkids? A personal trainer at the Shaw JCC may be the answer! Whatever your goals are, our trainers will individualize your workout routine and get you the results you want. We offer a variety of packages and options for each individual member. Contact the Fitness Department at 330-835-0032 to discuss your options and sign up for a trainer today!



Make the most out of your WORKOUTS!



Shaw JCC
750 White Pond Dr.
Akron, OH 44320



Wellness Services

at the Shaw JCC

Fitness Desk - 330.835.0032

Getting STARTED

Make the most out of your workouts. We offer single session personal training or multi-session packages to help increase your fitness. You can purchase packages for yourself, or grab a friend for group personal training.

In addition to 1/2 hour and hour personal training sessions, we offer other services to use on your fitness journey.



PRICING

Quickstart \$120
This special package is for those who have never had a personal trainer at the JCC. Includes a fitness assessment and two, 1-hour sessions with a personal trainer.

Single session

1/2 hour \$35
1 hour \$55

5-session package

1/2 hour \$160
1 hour \$260

10-session package

1/2 hour \$320
1 hour \$500

20-session package

1/2 hour \$575
1 hour \$900

GROUP PERSONAL TRAINING (2-3 PEOPLE)

Single session group

1/2 hour \$50
1 hour \$90

5-session group package

1/2 hour \$220
1 hour \$420

10-session group package

1/2 hour \$450
1 hour \$810

20-session group package

1/2 hour \$900
1 hour \$1500

ADDITIONAL SERVICES

Fitness assessment..... \$60

Test for muscular strength, muscular endurance, balance, flexibility and cardiorespiratory endurance.

Core conditioning\$25

Focus on abdominal, oblique and low back exercises.

Flexibility training\$25

Focus on overall flexibility to help increase range of motion around major joints

Cardio conditioning\$30

Have a personal trainer put together a cardio program for you.

Body composition assessment\$10

Find out your body fat percentage and where you should be.

Blood pressureFree

Complimentary blood pressure screenings from any professional in the fitness center

