

Leventhal-Sidman JCC Personal Training Rates

1-hour session	\$75
45-minute session	\$60
30-minute session	\$45

Discount Packages:

10 1-hour sessions	\$680	(Save \$70)
15 1-hour sessions	\$1,000	(Save \$125)
20 1-hour sessions	\$1,300	(Save \$200)
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10 45-minute sessions.....	\$530	(Save \$70)
15 45-minute sessions.....	\$780	(Save \$120)
20 45-minute sessions.....	\$1,020	(Save \$180)
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10 30-minute sessions	\$380	(Save \$70)
15 30-minute sessions	\$575	(Save \$100)
20 30-minute sessions.....	\$750	(Save \$150)

15-minute Stretch: \$25

10 pack.....	\$200	(Save \$50)
15 pack.....	\$285	(Save \$90)
20 pack.....	\$360	(Save \$140)

30-minute Stretch, Abs & Core Strengthening: \$45

10 pack.....	\$380	(Save \$70)
15 pack.....	\$575	(Save \$100)
20 pack.....	\$750	(Save \$150)

Train with a friend and save even more:

1-hour session	\$80 for 2-3 people
1-hour session ...	\$100 for 4-5 people
10 pack 1-hour group training:	\$780 for 2-3 people

To schedule your personal training session, stop by the fitness desk in the fitness center or contact:

Rachel Abelow

617-558-6458 • rabelow@jccgb.org

Theresa Warren

617-558-6459 • twarren@jccgb.org

- Sessions scheduled by appointment only.
- Payment must be made in full prior to session
- 24-hour notice required for cancellation.
- If an appointment is cancelled less than 24 hours before the scheduled time, the full session fee will be charged.
- Pricing subject to change.

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333 Nahanton Street • Newton
617-558-6522 • www.lsjcc.org

Jewish Community Centers
of Greater Boston

