

Personal Training

Aquatic Therapy Personal Training

Good for the mind & body!

Joint-friendly sessions for individuals with back or shoulder injuries, arthritis and post-surgical procedures, or for the person who needs individual instruction or attention.

Personal Training Packages

| | | JCC Member | Silver/Benefactor |
|-------------------|---------------|-------------------|--------------------------|
| <i>Package #1</i> | One session | \$50 | \$45 |
| <i>Package #2</i> | Four sessions | \$180 | \$160 |
| <i>Package #3</i> | Ten sessions | \$400 | \$350 |

Packages can be purchased at the Levine JCC front desk.

704-366-5007

For more information contact Peter Perers at
704-944-6745 or peter.perers@charlottejcc.org



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