

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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