



## ***Training Schedule (effective July 5<sup>th</sup>)***

Monday thru Friday	6-10 am
Tuesday & Thursday	6-7 pm
Sunday	10 am-12 pm
Wednesday Swim	7:45-8:30 am

Training (except swim) is conducted in the J Force room off the main fitness hallway. Swim sessions are held at the Barbara L. Levine Indoor Pool.

---

## ***Fees***

	<b><i>LJCC Member</i></b>	<b><i>Silver/ Benefactor</i></b>	<b><i>Non- Member</i></b>
Single Monthly	\$85	\$70	\$110
Family Monthly	\$130	\$105	\$170
Package (10 sessions)	\$120	\$95	\$160

**Ian Briggs, Personal Training Services Director**  
**(704) 944-6750 • [ian.briggs@charlottejcc.org](mailto:ian.briggs@charlottejcc.org)**

