

PERSONAL TRAINING

INVEST IN YOURSELF

with our

PERSONAL TRAINING services

WHY?

- ✓ Expertise
- ✓ Accountability
- ✓ Encouragement
- ✓ Practical and creative workouts
- ✓ designed for **YOU**

2026 INFO | PRICING



www.charlottejcc.org

PRICING & OPTIONS:

M=Member S=Silver B=Benefactor

		M	S	B
PRIVATE (One-on-one)				
x1 Session	30-min	\$52.00	\$49.40	\$46.80
	45-min	65.00	61.75	58.50
	60-min	78.00	74.10	70.20
x5 Sessions	30-min	247.00	234.65	222.30
	45-min	308.75	293.31	277.88
	60-min	370.50	351.98	333.45
x10 Sessions	30-min	468.00	444.60	421.20
	45-min	585.00	555.75	526.50
	60-min	702.00	666.90	631.80
x20 Sessions	30-min	852.80	810.16	767.52
	45-min	1,066.00	1,012.70	959.40
	60-min	1,279.20	1,215.24	1,151.28
SEMI-PRIVATE (2 Participants)				
x1 Session \$ per person	30-min	\$45.00	N/A	\$40.50
	45-min	56.00		50.40
	60-min	67.50		60.75
x5 Sessions \$ per person	30-min	213.75		192.38
	45-min	266.00		239.40
	60-min	320.63		288.57
x10 Sessions \$ per person	30-min	405.00		364.50
	45-min	504.00		453.60
	60-min	607.50		546.75
x20 Sessions \$ per person	30-min	738.00		664.20
	45-min	918.40		826.56
	60-min	1,107.00		996.30
SMALL GROUP (3-8 Participants)				
x1 Sessions \$ per person	30-min	\$30.00	N/A	\$27.00
	45-min	36.00		32.40
	60-min	42.00		37.80
x5 Sessions \$ per person	30-min	142.50		128.25
	45-min	171.00		153.90
	60-min	199.50		179.55
x10 Sessions \$ per person	30-min	255.00		229.50
	45-min	306.00		275.40
	60-min	357.00		321.30

All sessions are held here at the J.

*NOTE: All personal training sessions (including J-Force) are good for only one year from the date of purchase. Clients must provide 24-hour cancellation notice to avoid charges.

Q? Lyn Addy, 704-944-6881 or lyn.addy@charlottejcc.org

Updated 12/31/25