

Our Trainers and Offerings

The JCC's certified trainers will work with you to design a program that is tailored to **meet your personal fitness goals** and interests, as well as provide the necessary guidance to achieve your personal best. From body transformation and health improvement to performance enhancement and rehabilitation, **our staff has the education, credentials, expertise and resources** to develop a program that will best meet your needs.

The JCC's fitness center is home to some of the **best equipment Albuquerque has to offer**. Our Cybex strength and Technogym cardio equipment are at the top of their class providing you with a safe, effective and one-of-a-kind gym experience. Training staff is always on duty to assist you in using equipment you are unfamiliar with, allowing you to take full advantage of all the JCC has to offer.

Your health is our top priority!



Personal Training Rates

60 Minute Sessions:

1 session:	\$65	TOTAL \$65
3 sessions:	\$60	TOTAL \$180
6 sessions:	\$58	TOTAL \$348
12 sessions:	\$56	TOTAL \$672
24 sessions:	\$52	TOTAL \$1248

Non-member: \$75 PER SESSION

30 Minute Sessions:

1 session:	\$40	TOTAL \$40
3 sessions:	\$38	TOTAL \$114
6 sessions:	\$36	TOTAL \$216
12 sessions:	\$35	TOTAL \$420
24 sessions:	\$33	TOTAL \$792

Non-member: \$50 PER SESSION

45 Minute Sessions:

1 Session:	\$54	TOTAL \$54
3 Sessions:	\$50	TOTAL \$150
6 Sessions:	\$47	TOTAL \$282
12 Sessions:	\$45	TOTAL \$540
24 Sessions:	\$42	TOTAL \$1008

Non-member: \$65 PER SESSION

Partner & Small Group Training sessions available.

See a trainer for details!

FIRST TIMER Personal Training Special

Three 30-minute sessions
ONLY \$85!

Regular price \$114. Offer available to JCC members who are buying personal training for the first time; this is a one-time offer and cannot be combined with any other offer.



**Fitness Center & Personal Training
JCC of Greater Albuquerque**



EVERYONE WELCOME!

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Trainer Consultations

Every new member of the JCC has access to two **FREE** consultation sessions with a JCC personal trainer. Each session is 30 minutes, or they can be combined into one 60 minute session upon request.

The first 30 minute session will include:

- Medical, lifestyle and goal evaluation
- Multiple options to assess body composition/fitness level including:
 - Functional Movement Screen (FMS) or Senior Fitness Assessment
 - Blood Pressure testing
 - Body fat and/or BMI calculation
 - Circumference measurements

The second 30 minute session will focus on your individual needs and interests. Your trainer will provide you with exercise recommendations, and possibly additional assessments, based on your personal and unique fitness goals.



Senior Fitness Assessment

Similar to the FMS, our Senior Fitness Assessment is exactly that: a **FREE** assessment designed especially for seniors! Three simple tests will assess your strength, gait and balance, assisting the trainer in properly prescribing exercises that will cater to your specific needs.



Functional Movement Screen

The Functional Movement Screen (FMS) uses a variety of movement tests to determine your strengths and weaknesses. This **FREE** test can help our trainers to pinpoint misalignments and imbalances, providing you with suggestions to correct any issues.

Nutrition Services

The JCC is proud to offer you professional Nutrition Coaching! Tracee Hayden is a Precision Nutrition (PN) certified coach. Precision Nutrition is a nationally recognized organization conducting cutting edge research on dietetics and behavioral psychology. Tracee concentrates on behavior-change nutrition coaching and accountability.

See our website for pricing, and call at 505-418-4478 to schedule your sessions today!



Physical Therapy

To ensure our members receive the best possible outcomes in restoring functional mobility and health, we are glad to offer Physical Therapy Services by, Julius (Jules) Somera, a hands-on Doctorate-level Physical Therapist to provide you with individualized treatment and evidenced-based exercises. See the Physical Therapy page of our website for pricing.

Prehabilitation Assessment PT Screening

This comprehensive PT screening is a personalized evaluation of muscles, joints & movement dysfunctions. The assessment is followed by specific therapeutic exercises, activities and modalities used in Physical Therapy tailored to the individual. This is a great way for the individual and therapist to decide if further physical therapy would be needed/beneficial.

45-minute Prehabilitation Assessment: \$45