

☐ **Yes! I am interested in Personal Training**

Name _____

Phone 1 _____

Phone 2 _____

E-mail _____

I work out at the:

- ☐ Staenberg Family Complex (Creve Coeur)
☐ Marilyn Fox Building (Chesterfield)

My Primary Fitness Goal is _____

Would you like to be contacted about the J Free
Polar BodyAge® Fitness consultation?

☐ Yes ☐ No

How often would you like to receive personal training?

- ☐ Once a week ☐ Twice a week ☐ More
☐ Once a month ☐ Twice a month ☐ Other

What type of training are you interested in?

- ☐ One-on-one ☐ Semi-private
(2-3 people) ☐ Semi-private group
(4-6 people)

I prefer my trainer to be: ☐ Male ☐ Female ☐ No Preference

When do you prefer to work out?

- ☐ 6:00-8:00am ☐ 8:00-11:00am
☐ 11:00am-2:00pm ☐ 2:00-6:00pm
☐ 6:00-9:00pm ☐ Other _____

Other comments: _____

Please leave your completed form with the fitness desk or mail to:

J Fitness, 2 Millstone Campus Dr., St. Louis, MO 63146

We'll be in touch soon!



Start Today!

Schedule your
FREE Polar BodyAge®
Fitness Consultation

POLAR®



Contacts:

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Fitness Manager
314.442.3147
ahayes@jccstl.org



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General Edition

PERSONAL TRAINING

Getting Started • Finding Success



FREE
Polar BodyAge® Fitness Consultation

jccstl.org



Begin Your Journey

Compassion • Knowledge • Motivation

Why personal training?

- Working with a nationally certified professional dramatically increases your chances for success
- Scheduling your training in advance increases your commitment to your well-being
- Learn and properly use an assortment of traditional and cutting-edge fitness equipment
- Trainers can boost your spirit with motivation, positive energy and enthusiasm so you look forward to your workouts
- Your trainer will become your biggest advocate, teacher, cheerleader and coach

What benefits can personal training provide?

- Weight loss
- Muscle gain
- Reduced body fat
- Injury rehab
- Healthier lifestyle

Getting Started

- Schedule your free Polar BodyAge® **POLAR** Fitness Consultatin with a certified personal trainer
- Intro and ongoing personal training packages are available

“If any one thing made a difference for them (people who attempted to lose weight), it was one-on-one counseling from a professional such as a psychologist, nutritionist or personal trainer...”

— (Consumer Reports Magazine article titled “The Truth About Dieting”)

Services Available

Individual

Take your workout to the next level with a personal trainer in a one-on-one setting. You'll experience a customized, effective and safe program designed to help you set and reach your goals.

- May include cardio, resistance training, functional training, and more
- See results more quickly
- Unmatched levels of personal motivation

Semi-Private*

(2-3 people)

Work out with friends and/or family and get the benefits of friendly competition, inspiration and motivation.

- Create your own group with similar goals and abilities
- Achieve and celebrate collective and individual goals with your group
- Personalized workouts from a training professional

Youth Personal & Group Training

(ages 12-15)

Develop and learn healthy fitness habits early with a J fitness professional. Sessions can be geared toward creating a healthy lifestyle, sport-specific training or just learning the ins and outs of the fitness center.

- Learn equipment operation and safety
- Learn components of a healthy workout using proper exercise guidelines
- Develop muscular strength, endurance, power, coordination, speed, agility and more
- Completion of Youth Fitness Orientation required

* Small Group Training is also available for groups of 4 to 6 people.



Details

- All personal trainers are nationally certified
- Training is available for those 12 years and older
- Sessions are 55 minutes (30-minute sessions may be available)
- Sessions are by appointment only

Get started today!

For scheduling, pricing and trainer information, contact:

Staenberg Family Complex (Creve Coeur)

Bernie Suddarth, 314.442.3452, bsuddarth@jccstl.org

Marilyn Fox Building (Chesterfield)

Andy Hayes, 314.442.3147, ahayes@jccstl.org