



JC Health & Fitness

Personal Training Packages

Session # (One Hour Duration)	PIF (Paid in Full)	Payment
1	\$65	
10	\$54.50	\$56.50
15	\$53.00	\$56.00
20	\$48.00	\$50.00
30	\$45.00	\$48.00

All sessions include Nutrition Counseling, Body Fat, and Seven Point Measurement

Semi-Private Personal Training Rates

2 People	\$33 Each
3 People	\$28 Each
4 People	\$23 Each
5 People	\$21 Each

101 S. Main Street, Sandwich, IL

(815)786-9291

www.jchealthfitness.com

