

# Health & Wellness

## Personal Training

One-on-one attention, guidance and motivation with a JCC certified personal trainer will take your workout where you want it to go and beyond.

	1 Hour Individual	45 Mins Individual	30 Mins Individual	1 Hour Semi-Private
1 session	\$56	\$45	\$30	\$32
5 sessions	\$252	\$203	\$135	\$144
10 sessions	\$448	\$360	\$240	\$270

JCC certified personal trainers are as unique as the clients they serve. Visit [JCCindy.org/personal-training](http://JCCindy.org/personal-training) to read about each.

Schedule a session, contact fitness at 317-715-9238 or [cgeorge@JCCindy.org](mailto:cgeorge@JCCindy.org).

## Pilates Reformer

Tone your shape while creating length, strength and flexibility in your muscles with a JCC certified Pilates instructor. Group sessions are priced per person.

	1 Hour Private	1 Hour Duet	1 Hour Trio	1 Hour Quartet
1 session	\$63	\$40	\$31	\$27
5 sessions	\$300	—	—	—
10 sessions	\$579	\$376	\$291	\$255
	½ Hour Private	½ Hour Duet	½ Hour Trio	½ Hour Quartet
1 session	\$33	\$21	\$17	\$15
10 sessions	\$303	\$193	\$156	\$139

Learn more about our Pilates instructors at [JCCindy.org/pilates](http://JCCindy.org/pilates).

Schedule a session, contact Cara at 317-715-9226 or [cgeorge@JCCindy.org](mailto:cgeorge@JCCindy.org).

## Massage

Relax, unwind and do your body a favor with massage therapy at the JCC.

	½ Hour Session	1 Hour Session	1½ Hour Session
Swedish	\$30	\$47	\$70
Swedish 5 sessions	\$150	\$235	\$350
Deep Tissue	\$35	\$57	\$85
Deep Tissue 5 sessions	\$175	\$285	\$425
Reiki	—	\$58	—

Add aromatherapy to any massage for just \$10 per hour!

Schedule your massage, contact Cara at 317-715-9226 or [cgeorge@JCCindy.org](mailto:cgeorge@JCCindy.org).

## INCLUDED IN YOUR MEMBERSHIP

### Aquatic Exercise Classes

For those who enjoy a slower pace, young children, families and those who benefit from the healing properties of warm water, the Shirley & Herbert Backer Therapy Pool is the perfect aquatic environment.

Whether you are interested in gentle aqua exercise or an aerobic workout in the water, our professional staff will help you meet your goals.

### Gentle Exercise Classes

- Fit 'n 55
- SilverSneakers Classic
- SilverSneakers Yoga

### Group Exercise Classes

- Core Conditioning
- Dance
- Tai Chi for Arthritis
- Vinyasa Yoga

For a complete class list, visit:

[JCCindy.org/group-exercise-classes](http://JCCindy.org/group-exercise-classes)

### Pilates Mat Classes

Stretch yourself in these one-hour non-aerobic Pilates classes. You will increase your overall physical performance and improve your posture as you and the group are led through a series of floor exercises. We have a class for every level, including an introductory class.

### Indoor Cycling Classes

Experience the best indoor exercise ever. This 40-minute, mind-body workout will benefit everyone, from beginners to world-class athletes.

Class schedule and class descriptions, along with other JCC programs & events, can be found in your copy of the *JCC Update*.

Updated 09/21/2018