

# Strength in Numbers!

## SMALL GROUP TRAINING

More economical than one-on-one personal training, have fun, feel great, stay focused and get results!

### 3+ people per class.

You are free to form your own group, or join one of our existing groups.



#### Small Group Training Rates (60-minute sessions)

	Member	Public
1 SESSION	\$40	\$48
5-PACK	\$160	\$195
10-PACK	\$270	\$324

Call  
**415-444-8035**  
for more information!

# New Client Fitness Packages

**30% OFF 3-PACK**

For more information or to sign-up please **CALL**  
**415-444-8004**

OR VISIT  
[marinjcc.org/training](http://marinjcc.org/training)

**PERSONAL TRAINING PACKAGE**  
**3 ONE-HOUR SESSIONS ONLY \$199**

**SMALL GROUP TRAINING PACKAGE**  
**3 ONE-HOUR SESSIONS ONLY \$84**

Offers only available to Osher Marin JCC Members.



The Osher Marin JCC  
200 North San Pedro Rd.  
San Rafael, CA 94903  
415.444.8000 • [marinjcc.org](http://marinjcc.org)

# OUR PERSONAL TRAINING TEAM WILL HELP YOU REACH YOUR Fitness Goals

Personal and Small Group Training Rates

**NEW CLIENT SPECIALS**



**WE HAVE THE MOST EXPERIENCED TRAINERS AROUND**

# Studies show:

People who workout with a trainer are more likely to stick to their exercise routine and reach their fitness goals.



## Personal Training Rates-Members

	30 minutes	60 minutes
1 SESSION	\$59	\$95
5-PACK	\$245	\$440
10-PACK	\$440	\$810

## Personal Training Rates-Public

	30 minutes	60 minutes
1 SESSION	\$65	\$114
5-PACK	\$303	\$528
10-PACK	\$550	\$972



### KARINE CAUCHON

**AREAS OF SPECIALIZATION:** Weight Loss  
 • General Fitness • Strength Training • Post Rehabilitation • Corrective Exercise • Core Strength  
 • Balance, Stability & Fluidity

karinec.kinesiologist@gmail.com • 415.444.8137



### DALTON COPELAND

**AREAS OF SPECIALIZATION:**  
 Strength training • Core strength • Balance/ stability training • Weight Loss

dcop003@yahoo.com • 415.301.1425



### JAY ELLIOTT

**AREAS OF SPECIALIZATION:** Orthopedic Post-rehab Training: Back and Sports Injuries • Stroke, Parkinson's • Sports Specific Training: Extreme Wilderness/ Outdoor Readiness, Balance/Stability training, Cross-training • Weight Loss

adventureswithjay@gmail.com • 707.971.0791



### MICHELLE FLEURET

**AREAS OF SPECIALIZATION:**  
 Strength and Confidence Training, Intentional Movement Training, Mountaineering/Snow Camping/ Backpacking Preparation, Cross Training; Balance; Speed Rope; Water exercise; Senior Strength and Balance

mfleuret@yahoo.com • 707-322-7467



### JOCELYN FREID

**AREAS OF SPECIALIZATION:**  
 Pre/post Rehabilitation • Pregnancy & Post Partum • Weight Management • Joint Rehabilitation • Coordination & Balance • Senior Strength • Aquatic Instruction • Aquatic Therapy

jocelynfreid@msn.com • 415.444.8132



### TODD MIKOLAJCZYK

**AREAS OF SPECIALIZATION:** Sports Conditioning • Pre/Post Rehabilitation • Corrective exercise training • Running (Competitive and Recreational Training) • Passive/Active Stretching (for joint mobility and overall increased range of motion)

toddsgym@att.net • 415.444.8131



### CAROL VIGLIANI

**AREAS OF SPECIALIZATION:**  
 Senior Strength and Balance • Enhanced Low Back Health • Weight Management • Tennis – Recreational Strength and Agility Training • Small Group Training

carolvigliani@gmail.com • 303.910.3176



### ROBERT WERNER

**AREAS OF SPECIALIZATION:** Functional Fitness, all ages • Mobility & Performance Enhancement • Weight Loss & Body Shaping • Dance Improvisation Workouts • Training for Movement Variability • Creative, Playful, Individualized Programs • Post-Rehab Movement with Less Pain • Injury Prevention

worldtunes@comcast.net • 415.596.0037



### JARONIMO WRIGHT

**AREAS OF SPECIALIZATION:** Functional Training • Weight Loss • Muscle Building Training • Strength Training • Athletics Training (agility, power, conditioning).

jwright@marinjcc.org • 415.444.8035

# OMJCC PERSONAL TRAINERS