



**PERSONAL  
TRAINING**

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**BOOTCAMP**

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**GROUP  
FITNESS  
CLASSES**

15% DISCOUNTS AVAILABLE TO

**FIRST RESPONDERS**

**MILITARY**

**STUDENTS**

**EDUCATORS**

MUST PRESENT A CURRENT ID TO RECEIVE DISCOUNT.

START YOUR MONDAY  
TODAY!!!

3447 McGehee Rd Unit HH

Montgomery, AL 36111

[www.fjtraining.com](http://www.fjtraining.com)



## Rates

### PERSONAL TRAINING

(45MIN - 1HR)

ONE SESSION	\$50
8 SESSIONS	\$175/mo
12 SESSIONS	\$225/mo



### BOOTCAMP

(30-45MIN HIIT)

MON-TUES-THURS (AM OR PM)	\$100/mo
MON-FRI (AM ONLY)	\$120/mo
MON-THURS (PM ONLY)	\$120/mo
MON-THURS (AM & PM)	\$150/mo



### GROUP FITNESS CLASSES

(45MIN)

DROP-IN	\$12
MONTHLY CLASSES	\$40

**BOOTCAMP AND GROUP FITNESS CLASSES  
DROP-IN RATES ARE \$12/VISIT**

**\*\*DEBIT, CREDIT, OR ONLINE PAYMENTS  
ONLY!!!\*\***

### PERSONAL TRAINING

(45MIN - 1HR)

Our skilled trainers specialize in focusing on your fitness goals and making sure you maintain a healthy lifestyle.



### BOOTCAMP

(30-45MIN HIIT)

Achieve results through the support of your trainer and others just like you. Our Bootcamp can be just what you need to power through your workouts reach your health and fitness goals.



### GROUP FITNESS CLASSES

(45MIN)

Have fun and find your workout buddy in our Group Fitness Classes. Let our group of dedicated instructors guide you to newfound discovery in strength, rhythm, fun and flexibility.

**START YOUR MONDAY  
TODAY!!!**

“  
**SLOW PROGRESS  
IS BETTER THAN  
NO PROGRESS.**  
”

**FOR TRAINER AVAILABILITY, BOOTCAMP, AND GROUP FITNESS SCHEDULES  
PLEASE VISIT [WWW.FJTRAINING.COM](http://WWW.FJTRAINING.COM)**