take it off

weight loss program

at the Leventhal-Sidman JCC

Weight loss and TWO personal training sessions (12 weeks)
One coaching session plus TWO personal training sessions per week.

- Program with 60-minute personal training sessions: $1,979
- Program with 45-minute personal training sessions: $1,620
- Program with 30-minute personal training sessions: $1,140

Weight loss and ONE personal training session (12 weeks)
One coaching session plus ONE personal training session each week.

- Program with 60-minute personal training session: $1,175
- Program with 45-minute personal training session: $960
- Program with 30-minute personal training session: $780

Weight loss program (12 weeks)
One coaching session per week – $349

Bi-weekly maintenance program
(12 weeks, for previous participants only)

- Six coaching sessions plus 12 30-minute personal training sessions to use within 12 weeks: $650
- Six coaching sessions to use within 12 weeks: $150

- **Take It Off** program is non-refundable
- Once you start **Take It Off**, the 12 weeks officially begins. You cannot extend the program beyond your end date
- If you fail to show up for your scheduled appointment, no refund or extension will be granted
- We require 24 hours notice to reschedule an appointment. Please call 617-558-6458 to reschedule

For a free Take It Off consultation, please contact 617-558-6458 or takeitoff@jccgb.org

BOSTON JCC
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