

About JJFitness



JJ is the founder of JJFitness and one of the premier strength and conditioning trainers in the country.

Based in Howard County, Maryland at a private, state-of-the-art fitness facility, JJ's diverse clientele range from professional and amateur athletes to dedicated individuals from all walks of life, from on-screen entertainers to corporate executives, all of whom have achieved greater personal and professional success from **JJ's Way**, a holistic mind and body training approach.

JJ is a master of exercise form and intensity; his innovative training philosophies have made him *the* most sought after fitness expert for those who expect immediate and real results.

Certified as a Performance Enhancement Specialist by the National Association of Sports Medicine (NASM) and by the American Council of Exercise (ACE), JJ brings more than 15 years of skills and experience as a former athlete, scholar, and teacher into his current fitness consulting practice.

JJ holds multiple degrees from Cornell University and University of California, Berkeley. His true dedication, skillful motivation, and real application of the mind/body connection make him a truly unique standout in the preparation for THE NEXT LEVEL of fitness and wellness.



S.W.E.A.T.™

STRENGTH

WEIGHT LOSS

ENDURANCE

ACCOMPLISHMENT

TOTAL WELLNESS

JJFitness
Ellicott City, MD

(410) 419-3334
JJ@JJFitness.net

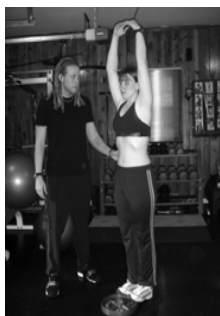


S.W.E.A.T.™

S.W.E.A.T.™ is a group fitness course for those who are looking to **LOSE WEIGHT** and **GET HEALTHY!**

Grab a few friends or meet new friends and **LOSE 20 POUNDS or MORE** in 12 weeks!

S.W.E.A.T.™ is designed to help individuals at a variety of fitness levels



Together we will discover your way to **FITNESS** and **WELLNESS!**

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If any part of S.W.E.A.T.™ embodies your goals, then this program is definitely for you!

While in S.W.E.A.T., you will receive:

- ◇ Heart-Rate Training on state-of-the-art cardiovascular equipment
- ◇ Basic Resistance Training in a private gym
- ◇ Development of the Core
- ◇ Balance & Stability Improvement
- ◇ Nutritional Strategies



It's ALL Happening at JJFitness!

Sign up today and

**COME GET YOUR
S.W.E.A.T. ON!!!**

S.W.E.A.T.™ Schedule & Fee:

Classes run over the course of 12 weeks, 3 times per week. Class size limited

So you can get and stay in shape during the Holidays, Winter cycle starts in December, 2007

Enrollment fee for 12 weeks is \$275 per month (12 classes per month) for 3 months or pay \$750 (a \$75 discount!)

To inquire about or enroll in
S.W.E.A.T.™

Contact JJ at: **(410) 419-3334** or
email: **JJ@JJFitness.net**

