

# Let's Go!

## Personal Training

### Our Personal Trainers Can Help You

Working with a personal trainer will build strength, improve flexibility, prevent injury and help you achieve your fitness goals. Our personal training is perfect for athletes, young athletes, adults and seniors! The JCC's certified, personal trainers areas of expertise include weight loss training, strength/power training, sports performance, cardiac rehab, injury prevention, and rehabilitation.

- Get motivated to live a healthy lifestyle
- Achieve maximum results quickly
- Design a personalized fitness program

### Your Journey Starts Today

Tired of starting over?  
Lacking motivation?  
Not sure how to start?  
Not seeing the results you want?

### We Can Help

Get real results because of the personal attention we give to our clients using our modern equipment and workouts. Our members quickly get on the road to total wellness and learn how to maintain it.

Our Fitness Center is a personalized experience, with each instructor offering personal attention to each participant.



### Meet Blake Robison

Blake attended The University of Tampa where he graduated with a Masters of Science in Exercise and Nutrition Science. Blake has worked with a wide range of populations in general fitness, rehabilitation, and sports performance.

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