

Menu of Services

Visit www.JGFit.com or call
646.596.7729 for more information

Group Exercise Classes

\$30 for single class

\$110 for 5 classes

\$250 for 10 classes

Outdoor Bootcamp

\$250 for 10 classes

One on One Personal Training

\$125 per session

\$600 for 5 sessions

\$1150 for 10 sessions

\$2100 for 20 sessions

Nutrition Counseling

\$250 for initial session

\$175 subsequent sessions

Massage Therapy

\$110 for 50 minutes

\$140 for 80 minutes

Packages available

Group Exercise Classes
Outdoor Bootcamp
1:1 Personal Training
Nutrition Counseling
Massage Therapy



Fitness
GET ON THE RIGHT TRACK

JGFit is an exclusive, private fitness training and nutrition company based in New York City. We are the “trainers of choice” for Abigail Michaels Concierge and provide fitness services for their clientele. Our fitness professionals have trained clients of all levels and ages as well as various celebrity clients.

Our specialties include in-home personal training, nutrition counseling and group classes. We create and implement individualized fitness programs that are designed to help you achieve your objectives safely and effectively. We also offer one-on-one nutrition consultations and provide guidance for those with special dietary needs.

Our group classes range from Yoga and Pilates to high-intensity bootcamp classes. Additionally, Outdoor Bootcamp classes take place weekly on the East and Westside of Manhattan during the Spring, Summer and Fall seasons. You can join an already existing class (view online schedules at www.JGFit.com) or organize your own group.

The JGFit approach will motivate, challenge and encourage you to overcome obstacles in order to achieve your immediate and long-term fitness goals.



www.JGFit.com

**1 Complimentary
Group Exercise Class
Of Your Choice**



JENNIFER GIAMO, founder of JGFitness, is a National Strength and Conditioning (NSCA) Certified Personal Trainer and also holds a Master's degree in Nutrition Education. Her career in the health and fitness field began as a Nutrition Consultant and evolved into managing multiple

Corporate Fitness Centers throughout New York City and the Northeast region. Jennifer's experience in the field spans over 12 years; working with corporate clients such as IBM, J&J, Schering-Plough and Dow Jones; training private clients and teaching innovative group exercise classes. The combination of fitness and nutrition along with Jennifer's passion for goal-oriented training has helped clients achieve lasting results.

Jennifer also has a proven track record of success assisting physical therapists, chiropractors and doctors in rehabilitation of patients recovering from various types of injuries.

In addition, clients with food restrictions (allergies, special diets, etc.), those training for specific sports or those interested in weight loss can benefit from working with Jennifer to meet their nutritional goals. Jenn is also an avid runner and coaches first time marathoners as well as completing her 7th marathon in NYC in 2009.

OSCAR ESTEVEZ is a NASM certified professional trainer and Corrective Exercise Specialist. He has been passionately working in the fitness industry for over 14 years. Oscar brings a great sense of dedication and excitement to personal training. Oscar offer clients an understanding of the psychological and physical link needed to make a permanent change in their lives. He continues to work on other certifications in order to provide the best possible service in the fitness industry.



ALISHA CARDERELLA is a graduate of the University of Massachusetts holding a Bachelor of Science degree in Exercise Science. Alisha is currently a Health and Fitness Professional at the NBC Fitness Center in New York City and has been working with them for over 5 years. As well as being a First Responder for 30 Rockefeller Plaza (CPR, First Aid and AED),

Alisha is a certified Spinning instructor and specializes in teaching group exercise classes. Classes such as hip-hop, body sculpting, core training and cardio circuit are among her favorites. Alisha has a wide variety of personal training clients as well and incorporates multiple methods of training to ensure a fun, safe and challenging workout. She believes that exercise has a positive impact on mental, physical and spiritual health and has guided her clients in achieving their goals.

MEREDITH SHANK is a dancer who entered the fitness field about five years ago. After years of training as a ballerina and rhythmic gymnast, she took her experience into the gym with the intention of helping people achieve their fitness goals. Her philosophy is that "fitness should be fun!" Meredith has worked with Tracy Anderson Studios in Los Angeles and had the opportunity to assist in training Gyweneth Paltrow.



In addition to personal training and group exercise instruction, Meredith is also a Lifestyle and Weight Management Consultant. She is currently studying to be a Registered Dietician and Pilates Reformer Instructor. She is a member of Visions Contemporary Ballet Company and in 2009 Meredith marked her debut into the fitness competition world.



JAMIE PONA is a graduate of Rutgers University with a Bachelor of Science in Exercise Science and Sport Studies. She graduated from Kean University with a Master of Science in Exercise Physiology. She has been in the fitness industry for 9 years. Jamie is an ACE certified personal trainer

and group exercise instructor, Powerhouse Pilates mat instructor, certified Spinning and AFAA Kickboxing instructor. She is presently working towards another ACE certification, Lifestyle and Weight Management Consultant. In her spare time, she works with cardiac rehabilitation patients. Her specialties include, plyometrics, circuit training and boxing.

AMBRIA MATHEW is a certified Yoga Instructor, RYT. She is trained and certified in Vinyasa, Hatha, Pre/Post Natal, Mommy & Me and Kids styles of Yoga. Her passion for a holistic approach to fitness and wellbeing is evident in every class. Her first experience with Yoga was on one of her early trips to India which stayed with her and has blossomed into a passion she shares with many today. Along with Yoga, Ambria is a Reiki Practioner, and a student of Shiatsu & Belly dance. Her Integrated Body Work/Energy Healing sessions allow clients to feel free and relaxed from her gentle touch. Ambria is also an accomplished musician with a BA from Berkeley College of Music, and a few original CD's. She is currently working on Yoga music, and a variety of other creations designed especially for children with special needs.



Licensed Massage Therapists available