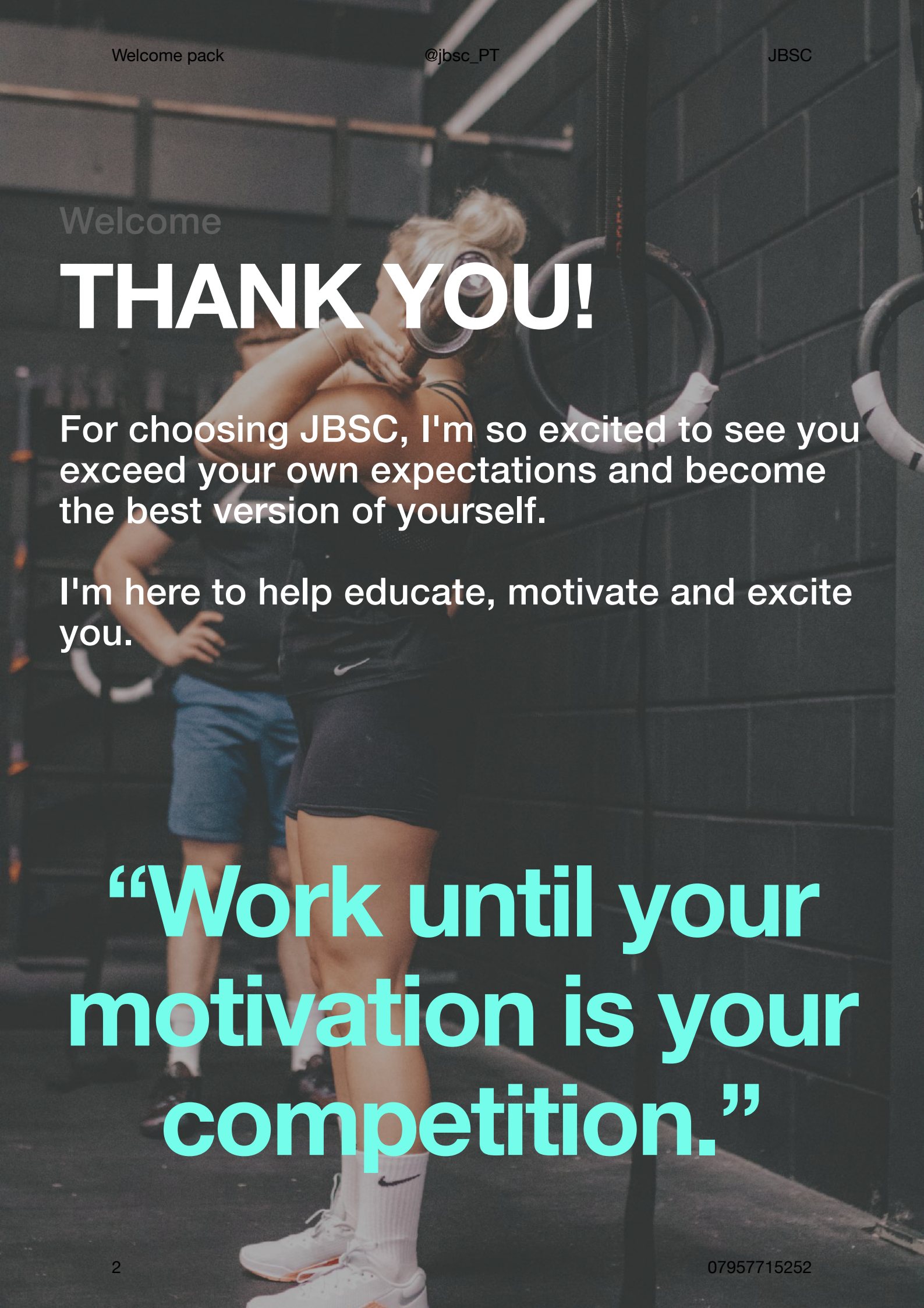
jbsc



Welcome

THANK YOU!

For choosing JBSC, I'm so excited to see you exceed your own expectations and become the best version of yourself.

I'm here to help educate, motivate and excite you.

“Work until your motivation is your competition.”

What's included?

GOAL SETTING

Frequently evaluating your short, medium and long term goals.
Delving into what motivates you, and what barriers you face in training and general life; to ensure I help keep you on track.

PROGRESS TRACKING

Physical testing to asses progress, fat loss, and performance.
Mental health check ups, to ensure you mind is keeping up with your body.

WEEKLY CHECK IN

Via; Phone, Video call, or In-person.
Talking through the highs and lows of your training week.

PERSONALISED PROGRAM

Catered to your goals.
Fit around your favourite exercises.
Updated weekly to keep it specific to your progress.
Recording progress markers such as weight, time and RPE (rate of perceived exertion - how hard it is out of 10).

NUTRITION GUIDANCE

Nutritional education.
No ‘bad food’ rule.
Built around the foods you like, and dislike.
Teaching you how to adapt your meals to gain the most nutritional value.
High nutritional ready-made food available to buy and take away with you after session.

EXERCISE LIBRARY AND TECHNIQUE ASSESSMENT

Extensive library of all the movements you will programmed…
Online, via my website, access by your own unique log-in.
Analysis of your movement patterns, in order to optimise efficiency.

In person training

Flexible to your schedule.
Roll over policy for missed sessions.
New and upcoming facilities, with the option of 2 different gyms (JD Cheltenham, and The Stronghold PT Hub).
I’ll be with you to motivate you the whole time.

ADDITIONAL FREE EXTRAS

Your own JBSC training clothing.
Protein shake or bar provided after sessions.
Personalised water bottle.
Discount on physiotherapy sessions.

Packages JBSC offers
1-1, Online & Hybrid

Student Discount

Discounted prices (but without the freebees).

6 Weeks

A block of 6 week programming, with options of 1, 2 or 3 sessions a week.

All freebees included.

Savings of over 20% when attending 3 sessions a week.

12 Weeks

A block of 12 week programming, with the options of 1, 2 or 3 sessions a week.

All freebees included.

Savings of over 35% when attending 3 sessions a week.

Partner

By bringing a friend, the cost is split, but the programme is still individualised.

With a choice of either the 6 week or 12 week programming.

All freebees included.

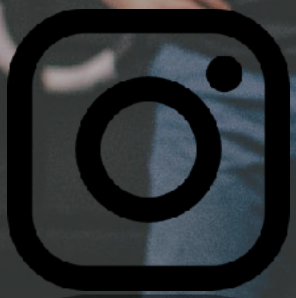
Saving 25% each in comparison to 1-1 training.

Get in touch

For a free...

Consultation
- We'll talk through your goals, likes/dislikes and delve into how I can help you.

Taster Session
- A free, half an hour session with me, to give you an insight into how training sessions with JBSC looks.



JBSC_PT

07957715252

jess@jbsc.co.uk