

JASON CURTIS

Personal Training

525 Bailey Ave
Fort Worth, TX 76107

817-517-3329 ph
817-332-7554 gym
817-332-9808 fax

www.inursha.com



Jason Curtis

Personal Training



NESTA

National Endurance Sports Trainers Association

CERTIFIED

'keep going'





- Strength Training
- Beginner and Advanced Endurance Training
- Plyometric Training
- Sports Specific Training
- Dietary Planning

Training Background

Jason Curtis began training professionally in 2001 after completing his certification with the National Exercise and Sports Trainers Association (N.E.S.T.A.). Joining his first gym at the age of 16, Jason began learning and honing his skills with how the body performs and reacts to exercise. Later joining the Marines, he began pushing physical fitness to a whole new level. He learned the basic skills needed to motivate others toward their fitness goals and began a rigorous training program for the First Force Recon Division at Camp Pendleton, California. His military training style is still used successfully today.

Weight Management

Besides training Jason also specializes in Personal Weight Management. Many of his clients began their journey obese, or worse, morbidly obese. After years of training, counseling, and motivation Jason’s clients have learned how to live healthy and fit. They are armed with the knowledge of foods place in their life.

Jason’s philosophy for healthy living is that a positively changed mind will lead to a positively changed body. Jason Curtis Personal Training can make the difference to a new you.

Monthly Club Fees

Single Membership
\$50.00

3 months \$43.00

6 months \$40.00

One year \$35.00

Additional family members \$30.00

Student Rate \$40.00

Personal Training Fees

Single Sessions (per hour) \$60.00

5 sessions or more (paid in advance) \$55.00

10 sessions or more (paid in advance)
\$50.00

Partner Sessions (per hour) \$80.00
(\$40.00 each)

10 sessions (paid in advance) \$60.00
(\$30.00 each)

Half Sessions \$35.00

5 or more (paid in advance) \$32.50

10 or more (paid in advance) \$30.00

All sessions are by appointment only. There is a 12-hour cancellation notice required. A full session is 50 minutes. All half sessions are 30 minutes.