



## WELCOME TO THE FAMILY

### JOIN **PERFORM** SUCCEED

Welcome to JPS Health & Fitness family. We are extremely excited to have you as part of our growing team and community and look forward to being part of your health and fitness journey.

Our objective is to help you achieve each of your goals, and we are committed to providing the guidance, support and environment that will facilitate this in every way possible.

*Together, we can and will great achieve things.*

The following information outlines everything you need to know about JPS Health & Fitness, including our products and services, operational and contact details, policies and procedures and our terms and conditions.

If you have any questions, please do not hesitate to contact your coach or the studio manager,

Regards,

The JPS Health & Fitness Team



## FACILITY DETAILS

### AIRPORT WEST

**Address:** 77C Matthews Avenue, AIRPORT WEST, 3042

**Phone:** 0410 557 743

**Studio Manager:** Samuel Schepis

**Phone:** 0412 801 022

**Email:** [Samuel@jpshealthandfitness.com.au](mailto:Samuel@jpshealthandfitness.com.au)

**Administration:** Mia Schepis

**Opening Hours:**

**Monday – Friday:** 5:00am – 12:00pm; 4:00pm – 8:00pm

**Saturday:** 6:00am – 1:00pm

**Sunday:** Closed

### PORT MELBOURNE

**Address:** 223 Rouse Street, PORT MELBOURNE, 3207

**Phone:** 0421 437 653

**Studio Manager:** David Garita

**Phone:** 0421 437 653

**Email:** [Dave@jpshealthandfitness.com.au](mailto:Dave@jpshealthandfitness.com.au)

**Administration:** Dave Garita

**Opening Hours:**

**Monday – Friday:** 6:00am – 12:00pm; 4:00pm – 8:00pm

**Saturday:** 6:00am – 1:00pm

**Sunday:** Closed

**NOTES:**

1. Operating hours may vary and are dependent on trainer's availability.
2. Entry will not be permitted 30 minutes prior to closing at the end of each morning and afternoon session.



## PRODUCTS AND SERVICES

### TRAINING AT JPS

We offer a variety of professional training options to ensure flexibility and suitability for you to ultimately ensure you are in the best position to achieve your goals while working with us. We understand to be successful it is vital that your training take into consideration your individual circumstances, including time constraints, finances and training experience. From novice to elite level athlete we have the solution for you, and pride ourselves on providing the highest quality personal training service and delivering it to you in a way that it best suited to you.

#### 1. PERSONAL TRAINING PACKAGES (\$500 - \$1700)

Stop spending countless hours in the gym without getting results. Our coaches have proven time and time again that by applying the principles of strength training and nutrition in a scientific, yet real world manner; our clients can achieve outstanding results.

##### What's included in your Session Package

- One-on-one training sessions with one of our highly experienced coaches
- Free Initial Consultation
- Individual Postural Assessment
- Strength Program
- Custom Nutritional Plan
- Weekly Check – In
- Assessments & amendments to plans
- 24/7 Support from your coach

##### Paying for your Session Package

We understand the importance of making our services financially accessible and suitable for all clients' financial freedom. Accordingly, payments for our session packages may either be made upfront and in full of the total amount, or can be paid for weekly via a Direct Debit arrangement.

##### A. Up-Front Payments

- 10 Session Package - \$500
- 20 Session Package - \$900
- 50 Session Package - \$1,700
- 100 Session Package - \$3,200

##### B. Direct Debit Payment Packages

- 1 Session p/w: \$55 p/w over 10 weeks
- 2 Sessions p/w: \$95 p/w over 10 weeks
- 3 Sessions p/w: \$105 p/w over 17 weeks
- 4 Sessions p/w: \$125 p/w over 25 weeks



## 2. ONLINE COACHING (\$200 - \$900)

Transform your body at just a fraction of the cost of our in-person training. Whether you're looking to shed unwanted winter kilos or wanting to stack on muscle in time for summer, our Online Coaching can get you there even if you can't get to us. Our Online Coaching program combines training, nutrition and motivation to help you reach your fitness goals whether you're in Australia or abroad.

### **Paying for your Online Coaching**

- A. 1 Month - \$200
- B. 3 Months - \$350
- C. 6 Months - \$500
- D. 12 Months - \$900

## 3. PERSONALISED STRENGTH TRAINING PROGRAM (\$99)

If you need guidance with your training and want to gain a better understanding of how to train for strength, muscle growth, performance or fitness, then JPS Health & Fitness can help.

### **Our strength training programs include:**

- Goal setting
- Individualized strength training program
- Explanatory exercise guide
- Video demonstrations
- Free Q&A

## 4. PERSONALISED NUTRITIONAL PLAN (\$99)

If you need guidance with your diet and want to gain a better understanding of your nutritional needs to achieve your goals, JPS Health & Fitness can help. Upon purchase you will receive a comprehensive questionnaire, from which the answers and information you provide will allow us to tailor a nutritional plan towards your goals, individual needs and preferences, intolerances and dieting history to ensure you get results!

### **What's included in your Nutritional Plan:**

- Goal Setting,
- Individualized calorie and macronutrient targets
- Example Food Plans
- The JPS 'Nutrition Guidelines'
- The JPS 'Shopping Guidelines'
- Fat Loss Tips & Tricks



## 5. BODY BUILDING & POWERLIFTING COMPETITION PREPARATION

If you are ready to take the next step with your fitness journey and want to compete in bodybuilding, figure, fitness, physique and/or powerlifting, our experienced coaches will work with you directly to help you achieve your competitive goals & maximise your potential!

Contact one of our experienced Coaches for further information and pricing.

## MEMBERSHIPS & CASUAL TRAINING

Available exclusively to JPS Clientele only, our facility memberships allow you to train in the comfortable and friendly environment that you have come to know and love. Membership access is restricted to the times that the respective studio is open for Personal Training and at times may be closed during the day.

### Membership Pricing

- Casual \$10
- 1 Month \$ 75
- 3 Months \$ 150
- 6 Months \$ 275
- 12 Months \$ 450

## FIND US ON SOCIAL MEDIA

On our **Website** you will find all the information you need, most of which is already listed in this document. Find it here: <https://www.jpshealthandfitness.com.au>

Our **Facebook** is constantly updated with useful information, client transformations and the goings on in the JPS Health & Fitness community. Check us out at [www.facebook.com/JPSHealthandfitness/](http://www.facebook.com/JPSHealthandfitness/)

Of course following our **Instagram** is a must if you want to keep up to date with our trainers and their clients' progress, news and important training and nutrition information and advice to help you on your journey. Just search @jpshealth\_fitness or 'JPS Health & Fitness' to find us!

Don't forget, if you come down and visit us at their Airport West or Port Melbourne make sure to check-in using the locations, tags and hash-tags below:

- For the Airport West location: 'JPS Health & Fitness'
- For the Port Melbourne location: 'JPS Health & Fitness Port Melbourne'
- Tag us using: @jpshealth\_fitness and @team\_jps
- #teamjps #raisingthestandard #elitepersonaltraining



## PROGRAMS, CLASSES & WORKSHOPS

Throughout the duration of the year, JPS Health & Fitness undertake an array of workshops, programs and courses designed to educate our clients. Below are details about each of the programs we run.

### 1. BODY COMPOSITION WORKSHOP: NUTRITION FUNDAMENTALS LEVEL 1 (\$69)

The *JPS Body Composition Fundamentals Workshop* has been specifically designed to teach participants the foundations of nutrition to manipulate their diet for fat loss, muscle development and long term physique improvement.

Presented by Head of JPS Education Joshua Cakitaki & Science Consultant Lyndon Purcell along with Director Jacob Schepis, this 2 hour workshop combines the science and evidence of fat loss with the practical application of these principles to the real world.

Next Workshop: **Saturday 4th of March 2017 – 10:00am – 12:00pm**

*Maximum of 30 participants, don't miss out and secure your tickets today!*

### 2. LEARN 2 LIFT TRAINING WORKSHOP

Our *Learn To Lift* is a one day Training Workshop for those individuals wanting to improve their knowledge both in and out of the gym and increase both their brain and brawn when it comes to lifting and programming. The workshop has been designed to teach you the fundamental principles and science behind exercise, more specifically resistance training and how to immediately apply it to your training to build size and strength.

The trainers charged with presenting the workshop have exceptional knowledge and experience competing as and coaching high-level athletes in a variety of codes. Only 15 places are available to ensure each participant gets the most out of this experience so secure your spot quickly!

### 3. 10 WEEKS 2 LEAN WEIGHT LOSS PROGRAM

Our *10 Weeks 2 Lean* program is a soft introduction to the full JPS Health & Fitness training experience. The best part is you don't need to be a client or member to take part as the whole program is delivered online and may be completed from anywhere in the world. With the supervision and guidance of our coaches, structured programming and individualized nutritional planning and some hard work and dedication on your part you are sure to get the results you desire.

Don't waste any more money on a detox or fad and simply get on board with our 10W2L. For information and the next program start date contact us now!



#### 4. JPS TRAINER MENTORSHIP PROGRAM (\$1,800)

Whether you're a certified personal trainer, looking to break into the industry or just want to be more knowledgeable in your training, our Mentorship program has been specifically devised to give participants the knowledge and skills needed to make it successfully as a coach and to take their training and nutritional knowledge to the next level.

Our Mentorship program is directed by the founder of JPS Health & Fitness, Jacob Schepis, who has coached and mentored countless personal trainers currently working in the industry, and supported by our Head Science Consultant, Lyndon Purcell, and our Director of Education Josh Cakitaki. The program also features specialist guest speakers ranging from expert nutritionists, physiotherapists and elite level athletes.

## ALLIED HEALTH PRACTITIONERS

### ON-SITE ALLIED HEALTH SERVICES

#### ELIA CHIROPRACTIC

Dr. Anthony Elia (Chiropractor)

Dr. Samantha Elia (Chiropractor)

- **Web:** [www.eliachiro.com.au](http://www.eliachiro.com.au)
- **Phone:** 0400 199 208
- **Email:** [info@eliachiro.com.au](mailto:info@eliachiro.com.au)
- **Location:** 77C Matthews Avenue, AIRPORT WEST, 3042

#### CB PHYSIOTHERAPY

Chris Bryceson (Physiotherapist)

- **Phone:** 0409 952 746
- **Email:** [chris@cbphysiotherapy.com.au](mailto:chris@cbphysiotherapy.com.au)
- **Location:**
  - 77C Matthews Avenue, AIRPORT WEST, 3042
  - 223 Rouse Street, PORT MELBOURNE, 3207

For further information please contact our allied health practitioners directly.



## MERCHANDISE

JPS HEALTH & FITNESS APPAREL		INTERNATIONAL PROTEIN SUPPLEMENTS	
Tee Shirts	\$25.00	International Protein Tubs	\$90.00
Singlets	\$30.00	<i>Chocolate/Truffle/Vanilla</i>	
Track Pants	\$45.00	International Protein Pre-Workout	\$80.00
Compression Pants	\$65.00	<i>Lemonade</i>	
Hoodie	\$50.00	International Protein Spread	\$15.00
Sports Bra	\$30.00	<i>Peanut / Hazelnut-Choc</i>	
Shorts	\$30.00	Maple Flavour Protein Pancake Mix	\$15.00
Face Towel	\$15.00		

## TERMS & CONDITIONS

Please ensure you have read our Terms and Conditions as they relate to training at JPS Health & Fitness and any of the products or services provided.

## PRIVACY POLICY

This Privacy Policy sets out our commitment to protecting the privacy of your personal information that we collect through this website [www.jpshealthandfitness.com.au](http://www.jpshealthandfitness.com.au) (**Site**) or directly from you.

Please read this Privacy Policy carefully. Please contact us if you have any questions.

You providing us with personal information indicate that you have had sufficient opportunity to access this Privacy Policy and that you have read and accepted it.

If you do not wish to provide personal information to us, then you do not have to do so, however it may affect your use of this Site or any products and services offered on it.

### **Type of personal information collected**

Personal Information: The type of personal information we collect may include is set out on our website.

If we receive your personal information from third parties, we will protect it as set out in this Privacy Policy.





### **Collection and use of personal information**

We collect and use the personal information provided for purposes including contacting and communicating with you, for internal record keeping and for marketing.

### **Disclosure of personal information**

We may disclose personal information for purposes including to provide our products and services to you, and as required by law. Where we disclose your personal information to third parties for these purposes, we will request that the third party follow this Privacy Policy regarding handling of your personal information.

### **Access to and correction of personal information**

**Access:** You may request details of personal information that we hold about you, in certain circumstances set out in the Privacy Act 1988 (Cth). An administrative fee may be payable for the provision of information. We may refuse to provide you with information that we hold about you, in certain circumstances set out in the Privacy Act.

**Correction:** If you believe that any information we hold on you is inaccurate, out of date, incomplete, irrelevant or misleading, please contact us by email. We rely in part upon customers advising us when their personal information changes. We will respond to any request within a reasonable time. We will endeavor to promptly correct any information found to be inaccurate, incomplete or out of date.

### **Complaints about breach**

If you believe that we have breached the Australian Privacy Principles and wish to make a complaint about that breach, please contact us on the email address below.

### **Unsubscribe**

To unsubscribe from our e-mail database, or opt out of communications, please contact us at the details below.

### **Storage and Security**

We are committed to ensuring that the information you provide is secure.

JPS Health & Fitness ABN: 86 613 218 741

### **For any questions or notice, please contact us at:**

Email: [info@jpshealthandfitness.com.au](mailto:info@jpshealthandfitness.com.au)