

TRAINING LOCATIONS

Byron Park District - P.E. Center

Your Home Gym

Dillehay Park - Mt. Morris

My Home Gym

HOURS

Monday / Wednesday / Friday
1:30 pm to 7:00 pm

Tuesday / Thursday
5:00 am to 7:00 pm



Personal Training
for your entire Family



JC Buck Enterprises, Inc.
815.985.7912



Jamie Buck
Certified Personal Trainer

JC Buck Enterprises, Inc.



604 South Ogle
Mt. Morris, Illinois 61054

815.985.9391
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Personal Training for your entire Family

SPECIALIZING IN

- Youth Training
- Adult Training
- High Intensity Interval Training
- Circuit Training
- Fat / Weight Loss
- Lean Muscle Mass
- Muscle Endurance
- Core Strength



My Story

I am a wife, a mother of 2 very active sons, CPR certified, a licensed Zumba instructor, a Certified Personal Trainer, and last but not least ... I am a runner! I graduated from Bradley University with a Bachelor of Science in Communications (Advertising/PR major and Psychology minor), however, I have worked in the fitness industry since 2006 and have realized my passion. I bought my business in 2006 and really enjoy helping women lose weight, gain confidence, and lead happier, healthier, more fulfilling lives. In 2010, I began coursework through Thomas Edison State College, studying nutrition and kinesiology and took/ passed my Certified Personal Trainer exam. In 2011, I passed my Youth Fitness Trainer exam. I look forward to helping men, women, and youth take their fitness routines to new levels through personalized instruction, guidance, and support so results are seen and felt! Workouts will be customized to the individual based on fitness level and goals.

Rates

Initial Consultation	\$25
Training Session*	\$35/hr
Couples Training Session*	\$55/hr
15 Hourly Sessions (Single)	\$375
15 Hourly Sessions (Couples)	\$575

**Minimum 6 hours per consultation*

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