

How Semi-Private Personal Training Works (And Why It Gets Better Results)

There's a common belief:

If you want results, you need one-on-one training.

And while that can work...

It's not always the most effective—or sustainable—option.

Especially for adults 40+.

What Is Semi-Private Training?

At JMB Personal Training in Fairport, semi-private coaching means:

- Small group setting (typically 2–6 people)
- Individualized programming
- Coach-led sessions
- Built-in accountability
- Half the cost of one on one coaching

You're not doing the same workout as everyone else.

You're following your plan...

with coaching support around you.

Why It Works So Well

Because it combines the best of both worlds:

Individual Attention

You're coached, corrected, and guided.

Community Energy

You're surrounded by people who are showing up just like you.

Accountability

You're expected—and supported—to be consistent.

Why Adults 40+ Thrive in This Model

After 40, consistency matters more than intensity.

And consistency thrives in the right environment.

Semi-private training provides:

- Structure
- Support
- Sustainability
- A sense of belonging

That's what keeps people coming back.

And getting results.

The JMB Difference

Recognized as one of Rochester's top-rated personal training facilities, JMB Personal Training continues to lead the way in helping adults 40+ build strength, move pain-free, and live with confidence.

Here, semi-private training is not just efficient.

It's effective.

What Members Experience

- Less guesswork
- More confidence
- Better movement
- Stronger bodies
- A routine that sticks

Serving Fairport and Rochester

If you're in Fairport or surrounding Rochester communities...

And you're tired of starting over...

This might be the model that finally works.

Your Move

👉 Start with a free consultation

👉 www.JMBPERSONALTRAINING.com

Because results don't come from doing more.

They come from doing what works—consistently.