



Fitness

Personal Training

(Ages 13+)

Personal Training provides the method to begin or enhance your personal fitness program. Let our personal trainers inspire you to achieve your personal fitness goals with their knowledge, support and motivation. Our personal trainers all have certifications from the most highly recognized certifying organizations in the fitness industry and are CPR/AED certified.

With each Personal Training package, a Fitness Assessment will be performed by your Personal Trainer. This assessment includes; resting heart rate, blood pressure, body composition (% body fat), cardiovascular fitness, body weight, posture, muscular strength/endurance, flexibility and balance. Please note you will be asked to share your medical history and limitations with your trainer. Contact Danette Livingston, Fitness Coordinator at (847) 669-3180 ext. 311 or dlivingston@huntleyparks.org, for more information or questions. Rates listed are for Fitness Center, Group Fitness Members, Ultimate Fitness Members/Non-Members.

# SESSIONS	FEE
Single	\$40/\$50
6-Pack	\$216/\$256
12-Pack	\$408/\$468
18-Pack	\$576/\$648

Power Training

(Ages 13+)

Personal Training for the busy individual. These sessions provide you with 30 minutes of 1 on 1 personal training.

# SESSIONS	FEE
Single	\$20/\$25
6-Pack	\$108/\$128
12-Pack	\$204/\$234

Small Group Personal Training

(Ages 13+)

If you enjoy working out with friends or family members, our personal training staff can help develop a program that you can do together. Each session is one hour. Individual Fitness Assessments will be performed for all members of group. Rates listed are for Fitness Center, Group Fitness Members, Ultimate Fitness Members/Non-Members. Fees are per person.

# SESSIONS	2 PEOPLE	3 PEOPLE	4 PEOPLE
3-Pack	\$90/\$95	\$70/\$75	\$60/\$65
6-Pack	\$135/\$143	\$105/\$113	\$90/\$98

Calling all seniors 55 and better...

Lite & Lively

Join this aerobic conditioning class that helps maintain strength and flexibility. Participants will do chair and standing exercises. Each exercise allows you to work at your own pace. This class is ongoing, year-round.

Monday, Wednesday and Friday
10:30-11:30 a.m.
REC Center Dance Studio
\$5 drop-in fee or purchase a Lite & Lively membership
\$222/\$18.50 per month

Kindercise and Me

(Ages 1 year & walking – 3 years)

This program encourages gross motor skill and social skill development through structured and unstructured activities. Adult and child share, explore and interact through a series of exercises, songs, dances and games.

REC Center Willow Room		Minimum x / Maximum xx		
CODE	DAY	DATE(S)	TIME	FEE
112607-01	Thurs.	1/12-2/16	10:30-11:10 a.m.	\$42/\$52
112607-02	Thurs.	2/23-4/5	10:30-11:10 a.m.	\$42/\$52

No class 3/29

Kindercise

(Ages 3-6 years)

Preschoolers join a fun and imaginative approach to cardio fitness. This class is full of singing, dancing, and group games as we lead a series of exercise routines that help keep children physically fit.

REC Center Willow Room		Minimum x / Maximum xx		
CODE	DAY	DATE(S)	TIME	FEE
112608-01	Thurs.	1/12-2/16	11:20-12:00 p.m.	\$42/\$52
112608-02	Thurs.	2/23-4/5	11:20-12:00 p.m.	\$42/\$52

*Register with the option to have your child walked to or from preschool class.

No class 3/29

PERSONAL TRAINING POLICY

All cancellations must be made 24 hours in advance. No-shows and/or cancellations made less than 24 hours will be charged full price. All packages must be used within 90 days of purchase date. Packages are nontransferable and nonrefundable.