

Fitness

SEPTEMBER *special*

Purchase any Personal Training Package and receive a **FREE 1/2 hr. Nutritional Consultation**
OR purchase any Nutritional Consultation Package and receive a **FREE 1/2 hr. Personal Training Session!**

Personalized Nutrition Consultations

When combined with regular physical activity, a well-balanced diet can be the key to regulating body weight, increasing energy levels, and improving overall wellness. Nutrition Consultant, Heather Klaus, will help you learn how to take a proactive approach to your wellness that considers all aspects of your lifestyle from your nutrition habits, activity level and day to day routine. Pick up a Nutrition Consultation packet at our Fitness Desk.

Rates listed are for Fitness Center, Group Fitness & Ultimate Fitness Members/Non-Members.

- **Single Consultation (1 hour) = \$45/\$70**
- **Package One = \$128/\$153**
(Includes: 1 hr. Initial Consultation + 2-1/2 hr. consultations)
- **Package Two = \$203/\$228**
(Includes: 1 hr. Initial Consultation + 4-1/2 hr. consultations)

Introduction to Personal Training (Ages 13+)

We are excited to offer our Introduction to Personal Training package. This package includes a mini-assessment; blood pressure, resting heart rate, body weight, body fat analysis (% body fat), plus two 1 hour sessions of personal training. Your Personal Trainer will create a custom program just for you. This introduction is great for new members or for anyone looking for professional coaching and advice. This package must be used within 30 days of purchase date. To get started, stop in at the Fitness Center Desk to pick up your Personal Training Information Packet or 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.

| CODE | FEE |
|-----------|-------------|
| 310777-01 | \$114/\$129 |

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 |

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 |

Personal Training and Nutritional Consultation Policies

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.