



Fitness

Introduction to Personal Training

(Ages 13+)

We are excited to offer our Introduction to Personal Training package. This package includes a miniassessment; 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
110777-01	\$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.

# OF SESSIONS	FEE	# OF SESSIONS	FEE
Single	\$40/\$50	12-Pack	\$408/\$468
6-Pack	\$216/\$256	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.**

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

Weight Watchers

Wednesdays, 8:00 a.m., 9:30 a.m., 6:00 p.m.

Come and join in our weight loss success. Weigh-in is 30 minutes before class begins. Classes are held at the REC Center Willow Room. For additional information call 800-651-6000 or visit us at www.weightwatchers.com.

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
Resident: \$222/\$18.50 per month
Non-Resident: \$336/\$28 per month

30-Day Holiday Pass

Passes sold at the REC Center Registration Desk for \$35

College students home for the holidays can sign-up for our 30-day pass during the holidays.