



Personal Training Stretch Session

Stretching properly helps to release tight muscles and improves movement. It also relaxes and restores your body to feeling better. Try a 15 minute session and lose the aches and pains that may limit your activity.

Single Session (15 minute session)
\$20 Member / \$25 Nonmember

5-Session Pack (15 minute sessions)
\$95 Member / \$119 Nonmember

For more information, visit the front desk, or contact
Debra Saper at 847.353.7512 or dsaper@bgparks.org.



FITNESS CENTER
at the Buffalo Grove Park District

