

# PERSONAL TRAINING

Personal training improves all aspects of fitness with the help of a certified personal trainer. Set goals and maximize your results with an appropriate and safe exercise program customized for you. For more information on our training programs, contact Debra Saper at 847.353.7512 or [dsaper@bgparks.org](mailto:dsaper@bgparks.org).

30 - minute single session individual rates:	\$37 Member/\$47 Nonmember
60 - minute single session individual rates:	\$65 Member/\$75 Nonmember
30 - minute single session buddy rates:	\$27 Member/\$37 Nonmember
60 - minute single session buddy rates:	\$45 Member/\$55 Nonmember

## MEMBERS

### 30-Minute Personal Training - Individual

5-Pack \$35/session \$176 Save 5%	10-Pack \$33/session \$333 Save 10%	15-Pack \$31/session \$472 Save 15%	20-Pack \$30/session \$592 Save 20%
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### 60-Minute Personal Training - Individual

5-Pack \$62/session \$309 Save 5%	10-Pack \$59/session \$585 Save 10%	15-Pack \$55/session \$829 Save 15%	20-Pack \$52/session \$1040 Save 20%
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### 30-Minute Personal Training - Buddy\*

5-Pack \$26/session \$128 Save 5%	10-Pack \$24/session \$243 Save 10%	15-Pack \$23/session \$344 Save 15%	20-Pack \$22/session \$432 Save 20%
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\*Buddy rates are per person, based on 2 people

### 60-Minute Personal Training - Buddy\*

5-Pack \$43/session \$214 Save 5%	10-Pack \$41/session \$405 Save 10%	15-Pack \$38/session \$574 Save 15%	20-Pack \$36/session \$720 Save 20%
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\*Buddy rates are per person, based on 2 people

*Savings are calculated based on the single session rate. All training packages expire 1 year from the date of purchase.*



FITNESS CENTER  
at the Buffalo Grove Park District



## NONMEMBERS

### 30-Minute Personal Training - Individual

5-Pack \$45/session \$223 Save 5%	10-Pack \$42/session \$423 Save 10%	15-Pack \$40/session \$599 Save 15%	20-Pack \$38/session \$752 Save 20%
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### 60-Minute Personal Training - Individual

5-Pack \$71/session \$356 Save 5%	10-Pack \$68/session \$675 Save 10%	15-Pack \$64/session \$956 Save 15%	20-Pack \$60/session \$1200 Save 20%
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### 30-Minute Personal Training - Buddy\*

5-Pack \$35/session \$176 Save 5%	10-Pack \$33/session \$333 Save 10%	15-Pack \$31/session \$472 Save 15%	20-Pack \$30/session \$592 Save 20%
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\*Buddy rates are per person, based on 2 people

### 60-Minute Personal Training - Buddy\*

5-Pack \$52 session \$261 Save 5%	10-Pack \$50/session \$495 Save 10%	15-Pack \$47 session \$701 Save 15%	20-Pack \$44/session \$880 Save 20%
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\*Buddy rates are per person, based on 2 people

Savings are calculated based on the single session rate. All training packages expire 1 year from the date of purchase.



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