

# RECREATION CENTER OF HIGHLAND PARK PERSONAL TRAINING



Nationally certified trainers develop a detailed fitness regimen specifically for you, help you define goals, and keep you motivated and focused until you achieve them! It's an investment in your fitness.

<b>30-Minute Sessions</b>	<b>Member</b>	<b>Nonmember</b>
1	\$43	\$53
3	\$114	\$144
10	\$330	\$430
<b>45-Minute Sessions</b>		
1	\$58	\$68
3	\$159	\$189
10	\$480	\$580
<b>60-Minute Sessions</b>		
1	\$69	\$79
3	\$192	\$222
10	\$590	\$690
<b>2-on-1 Sessions (Hour, per person)</b>		
1	\$43	\$53
5	\$38	\$48
<b>Small Group (1 hour, per person)</b>		
<i>Minimum 4/Maximum 6</i>		
4	\$100	\$120
8	\$190	\$230

*Loving your training sessions and want more?*

### **Competitive Edge Personal Training Incentive Program**

Sign up at the front desk to start earning points for session purchases.  
For more information, contact the Recreation Center at 847.579.4554.

*For more information or to be set up with a trainer, call 847.579.4048.*



RECREATION CENTER  
of HIGHLAND PARK

1207 Park Ave W  
847.579.4554

*A facility of the Park District of Highland Park*