



www.highlandil.gov  
 1 Nagel Drive  
 618-651-1386

# PERSONAL TRAINING AVAILABLE!

**CONTACT**  
**GINGER KABURECK**  
 Certified Personal Trainer, Fitness Nutrition Specialist  
 & Endurance Training Specialist  
**(618) 407-8571**  
**GKCPT@yahoo.com**

	<u>Member</u>	<u>Non-Member</u>
One hour session	\$ 35.00	\$ 40.00
3- one hour sessions	\$ 90.00	\$ 95.00
6- one hour sessions	\$175.00	\$ 185.00
12- one hour sessions	\$315.00	\$ 330.00
15- one hour sessions	\$375.00	\$ 395.00

**NOW OFFERING DUAL-TRAINING!**

Train with a friend or family member for \$50.00 per session!

(Dual training is for members only)

Ginger is certified through the National Federation of Professional Trainers and has been personal training since 2013. Training sessions may include intense aerobic activity, weight lifting, instruction and guidance with the use of different exercise machinery, core strengthening tools, circuit training, fast paced multi-set training, and motivational coaching. You will receive a detailed fitness and nutrition plan to assist you in meeting your goals. Contact me now for your FREE complimentary assessment!

