



HIGHLAND

PARKS & RECREATION... The *FUN* Theory!

Ph: (618) 651-1386 • Fax: (618) 651-1387 • www.highlandil.gov

Personal Training Rates

	<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

What is Included:

Each package includes a free introductory session with the personal trainer where you will complete forms, have a full body and health assessment, discuss goals, and answer any questions relating to concerns you may have.

Each training session 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 also receive a detailed fitness and nutrition plan to assist you in meeting your goals.

