



Personal Training

AT THE LAKEVIEW FITNESS CENTER

Enlist the help of a personal trainer to get started with exercising for the first time, create a new routine, or improve efficiency in your current workout. Our nationally certified personal trainers will help you set and exceed your fitness goals. Choose a personal training package that fits your budget and training goals!

PERSONAL TRAINING RATES MEMBER/NON-MEMBER

	1 Session	5 Sessions	10 Sessions
30 Minutes	\$27/32	\$125/150	\$240/290
60 Minutes	\$49/59	\$235/285	\$465/560
6 Months*		12 Months*	
2x Per Week	3x Per Week	2x Per Week	3x Per Week
30 Minutes	\$200/220	\$275/295	\$175/195
60 Minutes	\$370/400	\$540/565	\$340/370
* Prices are per month and can be monthly EFT's			

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CONSULTATION

Complimentary consultation with a trainer is available upon request at the front desk. Consultations last 30 minutes and include a meeting with a trainer of your choice and an overview of a plan to help you achieve your goals. Maximize your membership with a few personal training sessions!

All prices are per person. Non-members must pay the daily drop in fee if they choose to come in and workout without their trainer.

Personal training is available for individuals 11 years and up.

Questions? Contact Lacy Velasquez at (847) 996-3485 or lacyv@vhparkdistrict.org.

GROUP PERSONAL TRAINING FOR ACTIVE ADULTS (50+ Years)

Lakeview Fitness Center, Cardio Room

Lacy Velasquez & Karilee Marcikic

Workouts are done as a group but can be customized to meet each individual's goals and needs. Measure your progress as you work out twice a week. Designed workouts focus on balance, strength, and cardio for today's active adult.

CODE	DATES	DAYS	TIME	R/NR
430101-1	4/3 - 4/26	M/W	1:00-2:00p	\$79/95
430101-2	5/1 - 5/31	M/W	1:00-2:00p	\$99/115
430101-3	4/4 - 4/27	T/Th	1:00-2:00p	\$79/95
430101-4	5/2 - 5/30	T/Th	1:00-2:00p	\$89/105
130101-1	6/5 - 6/28	M/W	1:00-2:00p	\$79/95
130101-2	7/3 - 7/31	M/W	1:00-2:00p	\$89/105
130101-3	8/2 - 8/30	M/W	1:00-2:00p	\$89/105
130101-4	6/1 - 6/29	T/Th	1:00-2:00p	\$89/105
130101-5	7/6 - 7/27	T/Th	1:00-2:00p	\$69/85
130101-6	8/1 - 8/31	T/Th	1:00-2:00p	\$99/115