

# *Personal Training*

## PERSONAL TRAINING AT LEVY CENTER

You don't have to be a Levy Center member or a Fitness Room member to purchase a personal training package; the only requirement is that you're age 18 or older! You choose either 5 or 10 sessions, then choose 30-minute or 60-minute personal training sessions.

To receive the discount, you must pre-purchase a package (i.e., no discount if you buy sessions one at a time) and you must use the same trainer for all sessions. Sign up today at the Levy Center's office and you'll be on the road to a healthier tomorrow! Questions? Please call 847/448-8250.

Fee for 30-minute sessions: 1 session, \$26;  
5-session package, \$116; 10-session package, \$226

Fee for one-hour sessions: 1 session, \$42;  
5-session package, \$182; 10-session package, \$365.