

GROUP RATES

PERSONAL TRAINING

GATHER YOUR FRIENDS OR FAMILY MEMBERS FOR GROUP TRAINING! IT'S MORE FUN TO HAVE A WORKOUT PARTNER AND THE RATES ARE EXTREMELY AFFORDABLE.

With group training, a certified personal trainer will design a customized routine to fit the needs of each individual. Safety will be emphasized. Personal training sessions are 55 minutes in length. Personal training sessions expire one year after purchase.

If you are interested in group personal training, fill out an informational sheet at the fitness or registration desk. If you have any questions, please contact Fitness Manager, Deborah Graham Geghen at 708.403.6285 or dgeghen@orland-park.il.us.

MEMBERS ONLY FEES

Prices are per person. Those signing up together must train together.

	1 SESSION	5 SESSIONS	10 SESSIONS	20 SESSIONS
Two Members	\$35.00	\$150.00	\$275.00	\$525.00
Three Members	\$25.00	\$110.00	\$200.00	\$340.00
Four Members	\$20.00	\$85.00	\$150.00	\$280.00

SENIOR MEMBERS ONLY FEES

55 years & up. Prices are per person. Those signing up together must train together.

	1 SESSION	5 SESSIONS	10 SESSIONS	20 SESSIONS
Two Members	\$30.00	\$140.00	\$260.00	\$505.00
Three Members	\$20.00	\$90.00	\$170.00	\$300.00
Four Members	\$15.00	\$70.00	\$125.00	\$235.00



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