

Package Pricing:

Member Packages

Individual:

5-1/2 hr. sessions	=	\$172
10-1/2 hr. sessions	=	\$323
20-1/2 hr. sessions	=	\$605
<i>Need a larger package? Save even more:</i>		
50-1/2 hr. sessions	=	\$1437
100-1/2 hr. sessions	=	\$2874

Partner:

5-1/2 hr. sessions	=	\$274
10-1/2 hr. sessions	=	\$516
20-1/2 hr. sessions	=	\$967

Non-Member Packages

Individual:

2-1/2 hr. sessions	=	\$129
5-1/2 hr. sessions	=	\$277
10-1/2 hr. sessions	=	\$487
20-1/2 hr. sessions	=	\$923

Partner:

2-1/2 hr. sessions	=	\$147
10-1/2 hr. sessions	=	\$758
20-1/2 hr. sessions	=	\$1229

Member/Non-Member Packages

Partner Only:

2-1/2 hr. sessions	=	\$145
10-1/2 hr. sessions	=	\$635
20-1/2 hr. sessions	=	\$1222

Want to work out in a small group of 3 or more? Custom training formats and packages are available! Ask a Fitness Supervisor or Aquatics Coordinator for pricing and details... see center of brochure for contact information.

10 reasons to hire a trainer!

1. New to exercising
2. Want to lose weight
3. Establishing a healthy lifestyle
4. Current routine isn't working
5. Need accountability
6. Returning from an injury
7. Battling a chronic illness
8. Preparing for an event
9. Enhance sport performance
10. Learn proper techniques

Personal Training can help you reach your health & fitness goals safely and effectively!

For Personal Trainer Biographies visit:

www.EEHealth.org/personal-training

For more information please contact:

Jocelyn Pichen

Fitness Supervisor

630-646-7914 jocelyn.ocon@EEHealth.org

Alice Novotny

Adult Aquatics Supervisor

630-646-5905 Alice.Novotny@EEHealth.org

Personal Training Request Form

**Land or Aqua Training
Adult • Teen • Pre-Teen**



PERSONAL TRAINING Request Form

(Turn in completed form to the Fitness Office)

Date: _____

Name: _____

Phone Number: _____

E-mail: _____

Facility: Seven Bridges _____

Land _____ Aqua _____

Requested Personal Trainer: _____

AVAILABILITY

Monday _____ Tuesday _____ Wednesday _____
Thursday _____ Friday _____ Weekends _____

Early Morning (5-8am) _____ Late Morning
(8am-12pm) _____ Midday (12-5pm) _____
Evening (5-9pm) _____

What is your current exercise program?

Do you have any current exercise limitations
based on injuries, pain, operations,
biomechanical considerations, etc.?

What are your training goals?

I have read and accept the Personal Training
Policies:

Signature: _____

Date: _____

Edward-Elmhurst Personal Trainers are...

- Nationally Certified
- Motivating
- Innovative
- Compassionate
- Efficient
- Medically Based

Our Personal Trainers are experienced & educated and excel at helping you achieve the results you want. Our staff is as diverse as our membership; we will pair you with a trainer who suits your needs.

We Specialize in the Following:

Weight Loss
55+ Population
Balance & Coordination
Mobility & Flexibility
Strength Gains
Endurance Development
Pre/Post Natal
Special Populations
General and Functional Fitness
Speed & Agility
Sport Related Conditioning

Personal Training Policies

- **Cancellations** must be made at least **24 hours in advance**. If this does not occur, you will be charged for the missed session.
- All clients must sign the Personal Training Client Agreement Form prior to training.
- Personal training packages must be purchased at the service desk prior to the **FIRST** personal training session. *NO monetary transactions take place through the trainer.*
- A receipt for your personal training package is to be given to your Personal Trainer on the first visit as well as when new packages are purchased.
- Personal training sessions are expected to start and end on time. Tardiness will result in loss of personal training time that will not be made up.
- Partner, trio, quad and Small Group Personal Training is purchased with the knowledge that all participants are present during training session. No make-up's for missed sessions.
- **Half hour sessions can be combined into hour or longer sessions.** This is contingent on your schedule and the personal trainer's schedule.
- **Training Packages expire the following timeframe from date of purchase:**
 - 5 half-hour pkg. = 3 months**
 - 10 & 20 half-hour pkg. = 6 months**
 - 50 & 100 half-hour pkg. = 1 year***Expiration dates may be extended on a case-by-case basis with approval by the fitness supervisor
- Personal Training Packages are non-refundable (unless medically necessary) and are only refundable as fitness center credit.