

PERSONAL TRAINING

Personal training is available at the Oakton Fitness Center, Room 1226. Register at the Alliance for Lifelong Learning Office, Room 1420, and schedule your sessions at the Fitness Center.

INDIVIDUAL PERSONAL TRAINING

Personal training is for the individual who wants personalized instruction and the continual motivation of a trainer. Our goal is to teach sound fitness principles that encourage independent exercise.

2 SESSIONS

FIT P01-01 OC/DP, Two one-hour sessions by arrangement

6 a.m. - 9 p.m., \$89 [02383]

Must be used by the end of the semester

4 SESSIONS

FIT P01-02 OC/DP, Four one-hour sessions by arrangement

6 a.m. - 9 p.m., \$159 [05175]

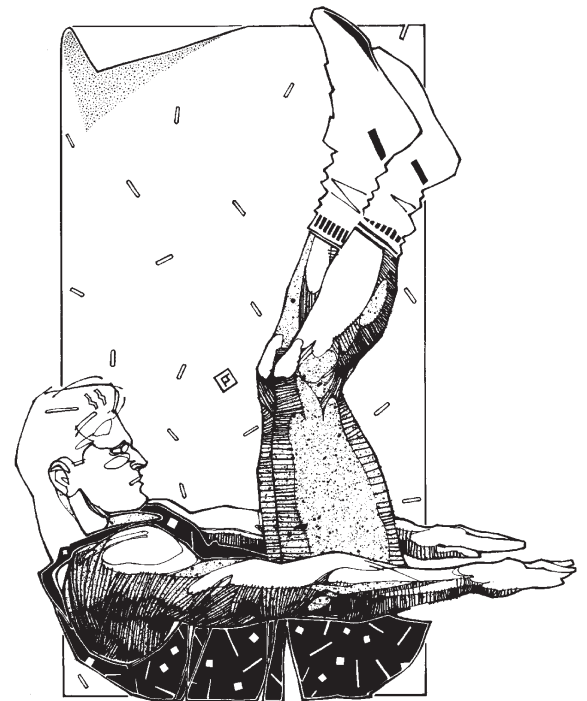
Must be used by the end of the semester

6 SESSIONS

FIT P01-03 OC/DP, Six one-hour sessions by arrangement

6 a.m. - 9 p.m., \$229 [05176]

Must be used by the end of the semester



FREE MEMBERSHIP

SIGN UP FOR 4 OR 6
PERSONAL TRAINING
SESSIONS AND GET
A FREE FITNESS
CENTER MEMBERSHIP.
CALL 847-635-1839
FOR DETAILS.

PERSONAL TRAINING FOR TWO

Enjoy personalized instruction with a partner of your choice.
Includes free semester membership.

6 SESSIONS

FIT P02-01 OC/DP, Six one-hour sessions by arrangement

6 a.m. - 9 p.m., \$279 [05177]

Must be used by the end of the semester