

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 (\$89)

Two one-hour sessions by arrangement
Must be used by the end of the semester

4 SESSIONS (\$159)

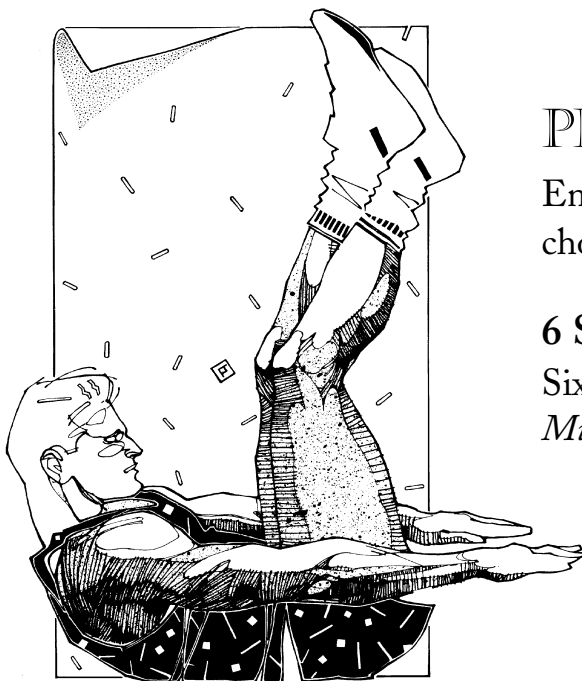
Four one-hour sessions by arrangement
Must be used by the end of the semester

6 SESSIONS (\$229)

Six one-hour sessions by arrangement
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 (\$279)

Six one-hour sessions by arrangement
Must be used by the end of the semester