



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

PERSONAL TRAINING CLASSES

Summer Schedule: May 30th–July 14th

Registration beings: May 15th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	9:30-10:30am Spin Fusion Lydia		9:00-9:45am Spin with Ryan	
12:15pm-1:00pm BootCamp Ryan	12:15-1:00Ppm Kettlebell Katey	12:15-1:00Ppm Kickboxing Bootcamp Lydia	12:15-1:00p, Extreme Fitness Katey	12:15-1:00pm Core Strength Katey
	6:15-7:00pm Circuit Training Bo		6:15-7:00pm Extreme Fitness Lydia	

UNLIMITED P.T. CLASS SPECIAL FOR BOTH MEMBERS & GUEST

PRICING: MEMBERS: \$50 FOR ONE CLASS OR \$69 FOR UNLIMITED CLASSES

GUEST: \$75 FOR ONE CLASS OR \$99 FOR UNLIMITED CLASSES

****Classes with low participation might be cancelled by the Program Director after the first week****

PLEASE CONTACT THE OAK PARK YMCA AT 827.9700 IF YOU
 WOULD LIKE TO SIGN UP



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LIVE HEALTHIER REACH YOUR GOALS PERSONAL TRAINING

<u>Package Deals :</u>	<u>Members</u>	<u>Guest</u>
6 -hour sessions: (\$45)	\$270	\$360
12 one-hour sessions: (\$40)	\$480	\$660
15 one hour sessions: (\$35)	\$525	\$750
6– 30 Minute Sessions: (\$35)	\$210	\$300
6-1-hour Youth sessions: (\$28)	\$170	\$240
7 one-hour sessions: (Min of 2 people price per person)	\$140	\$200

PERSONAL TRAINING GROUP CLASSES:

Personal Training 1 Class	\$50	\$75
UNLIMITED PERSONAL TRAINING	\$69	\$109

Ask about our payment plan! All personal training packages must be used