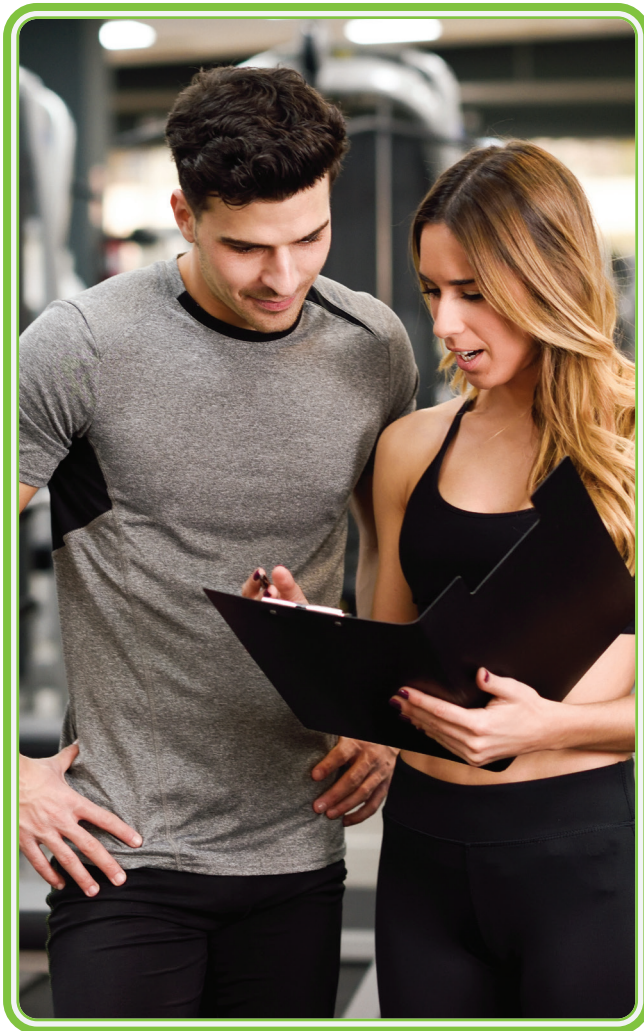


LIFESTYLES PERSONAL TRAINERS

Our Lifestyles personal trainers are driven to educate and motivate you to become a healthier individual.



**HAPPY.
HEALTHY.
TOGETHER.**

Our passion for fitness is infectious. We will motivate you while ensuring proper form and adding variety to your exercise routine so that you are always engaged. When it is fun, it will become a part of your life forever.

TRAINERS THAT WORK FOR YOU

Each of our trainers has a distinct coaching style. We specialize in everything from strength training, weight loss programs and functional movement. We will match you up with the trainer that best fits you. Your trainer will check-in with you weekly beyond your training sessions to keep you accountable and on track to succeed. We thrive on the success of our clients.

INITIAL TRAINING ASSESSMENT

Your trainer will complete an initial assessment to get to know you and your body. Everyone is unique and your trainer will develop a plan that is fit to you. Further assessment will be completed as you move through your training plan.

1 to 1 Personal Training Rates

Sessions	30 minutes	60 minutes
1	\$30	\$55
5	\$140	\$260
10	\$250	\$475

NEW MEMBER STARTER PACKAGE

When you become a new Lifestyles Fitness Member, you will receive an exclusive 30-day offer on a starter training package; 3 sessions for only \$99. This is a great way to experience how you will benefit from training.

BECOME A VIP

Become a Personal Training VIP and save over the long-term. You will feel secure in knowing that automatic monthly payments will keep your commitment level high. Monthly payments are deducted from your checking account.

Session Length

6-month VIP	2x/week	3x/week
30 min	\$210	\$260
60 min	\$390	\$559
12-month VIP		
30 min	\$182	\$260
60 min	\$345	\$500



We make fitness fun!

A facility of Bolingbrook Park District | Bolingbrook Recreation & Aquatic Center
200 Lindsey Ln. | bolingbrookparks.org





PERSONAL TRAINING REQUEST

Name:

Address:

Primary Phone:
Check if mobile:

Secondary Phone:

Physician:

Phone:

Emergency Contact:

Phone:

Trainer Preference (*if any*): Male: Female: Specific Trainer:

Days/Times Available to Train:

Do you consider yourself: Beginner: Intermediate: Advanced:

Physical restrictions or medical complications:

Goals and objectives:

Interests:

Exercise History (*past 6 months*):

PAYMENT PROCEDURE AND AGREEMENT GUIDELINES

- Packages must be paid in full prior to all training sessions.
- Member agrees to obtain a session voucher and give it to their trainer prior to beginning any sessions.
- It is required that all clients notify their trainer 24 hours in advance to reschedule a session or the client will be charged for the full cost of the session.
- If the personal trainer cancels a session less than 24 hours in advance, the client will receive a free session, in addition to the rescheduled session.
- There is a limitation on allowable 24-hour excused absences (1 per package of 5; 2 per package of 10)
- If the client arrives for an appointment late, the session ends at the scheduled time. If the client arrives early, the session begins at the scheduled time.
- All session packages are non-transferable and require the Fitness Manager's approval for a refund.
- Purchased yet unused personal training sessions expire after 6-months and are not refundable.
- All packages expire within 6 months of purchase.
- Please note that Lifestyles non-members pay a higher price for packages.
- Trainers may not be available immediately. Please allow up to 10 days lead time to secure a trainer.

I, _____, have read the above and understand and accept these policies, as they relate to Lifestyle Fitness Center, The Bolingbrook Park District and personal training sessions concerning procedures and payment.

Acknowledged and agreed: _____ Date: _____

(Client Signature)