

Personal Training & Massage

PERSONAL TRAINING

Fitness Assessment

\$15

Our professional staff will record your height, weight, heart rate, blood pressure, body composition, test your flexibility, and assess your cardiovascular and muscular strength and endurance. This evaluation provides you an opportunity to view your fitness level, and get a thorough explanation from a trained professional. These results are a baseline for measuring progress over a period of time. **Sign up for Personal Training and receive a FREE assessment!**



Personal Training

Need motivation? Instruction? Your own personal exercise program? We've got all of these and more! Work with a Certified Personal Trainer who will design a program specifically to meet your needs and goals. We can help you with weight loss, flexibility, muscular and cardiovascular strength and endurance, sport specific training, body building, and/or overall improved fitness, health, and well-being! You will learn the safest and most effective ways to exercise and use the equipment.

Personal Training Individual:

Receive one-on-one instruction from your personal trainer.

- 1 session: \$42
- 3 sessions: \$110
- 6 sessions: \$189

Personal Training Buddy Training:

Team up with a friend, spouse, or teen (14 or over) to save money and share a personal training session.

- 1 session: \$37/person
- 3 sessions: \$95/person
- 6 sessions: \$158/person

Each session will last approximately one hour. Please stop by the Field House Sports and Fitness Center Front Desk to fill out a Personal Trainer Request Form. Fitness Staff will match you up with a Personal Trainer based on your preferences, availability, and needs. Personal Training packages may be purchased at the Field House Front Desk (Non-members must pay Daily Fee in addition to personal training rates).



REGISTER ONLINE



Register for classes at your convenience, day or night. We have detailed information to help you, including instructions, policies and FAQs.

Visit our website at www.waukeganparks.org

MASSAGE THERAPY

Massage therapy is a form of physical medicine that is used as a method of treatment for dysfunction and to promote wellness in a healthy individual. Massages release chronic tension and pain in muscles, improve circulation, increase flexibility in the joints, and reduce mental and physical fatigue. Massage is one of the best known antidotes for stress.

Treat yourself. Sit back, relax, and enjoy a table massage from our Certified Massage Therapist. Now offered Sundays 10am-4pm.

Table Massages: 30 minutes - \$40 or 45 minutes - \$55

Call the Field House at 847-782-3300 to set up an appointment today.