

# PERSONAL TRAINING

## RATES & MENU



	A LA CARTE 30 min	A LA CARTE 60 min	VALUE PACKAGE 10 PK / 30 min	VALUE PACKAGE 10 PK / 60 min
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### INDIVIDUAL TRAINING

<b>DIRECTOR</b>	\$45	\$70	\$425	\$665
<b>MASTER</b>	\$40	\$65	\$380	\$620
<b>PROFESSIONAL</b>	\$35	\$60	\$330	\$570

### PARTNER TRAINING (prices are per person)

<b>DIRECTOR</b>	\$35	\$50	\$330	\$475
<b>MASTER</b>	\$30	\$45	\$285	\$425
<b>PROFESSIONAL</b>	\$25	\$40	\$235	\$380

### GROUP TRAINING (prices are per person)

<b>DIRECTOR</b>	\$25	\$40	\$235	\$380
<b>MASTER</b>	\$20	\$35	\$190	\$330
<b>PROFESSIONAL</b>	\$15	\$30	\$140	\$285

### NON-MEMBER INDIVIDUAL TRAINING (prices are per person)

<b>DIRECTOR</b>		\$80		
<b>MASTER</b>		\$75		
<b>PROFESSIONAL</b>		\$70		

#### **DIRECTOR LEVEL**

- Degreed in health/fitness related field
- 12+ years of personal training experience at HTSW
- One or more national certifications recognized by IHRSA
- Outstanding length of service at HTSW

#### **MASTER LEVEL**

- Degreed in health/fitness related field
- 1+ years of personal training experience at HTSW
- One or more national certifications recognized by IHRSA
- Outstanding length of service at HTSW

#### **PROFESSIONAL LEVEL**

- Degreed or in pursuit of degree in health/fitness related field
- One or more national certifications recognized by IHRSA
- Years of personal training experience varies

UPDATED NOVEMBER 2021

For more information, contact Beth Schendel at 630-348-5376

All packages are non-refundable • Packages expire in 12 months • Prices are subject to change  
Packages are transferable • 24 hour cancelation policy

# START YOUR TRAINING TODAY

## 4 Reasons to train with us!

1

Receive the personal support you need for your fitness-based lifestyle change

2

Training is personalized, friendly, and catered to your needs and fitness level

3

Try it out today to learn how to effectively increase muscle strength and endurance

4

We have an exceptional team of professional trainers who are dedicated to achieving results for our members

