



For more information or to make an appointment, contact Kristin Ehler, Fitness & Wellness Supervisor, at 708-390-2344 or kehler@mokenapark.com.



PERSONAL TRAINING POLICIES

- Appointments will meet at The Oaks Recreation & Fitness Center.
- All personal training packages are final, non-refundable and non-transferable.
- A 24 hour cancellation notice is required. You will lose that session if there is no prior notice given within 24 hours.
- If a doctor's note is required, it must be obtained prior to the start of the first session.
- One session and six session Personal Training packages have an expiration date of six months after the purchase date.
- 12 and 18 session Personal Training packages have an expiration date of one year after the purchase date.
- Any personal training, paid or unpaid, provided by a non-park district employee is prohibited.



MOKENA COMMUNITY PARK DISTRICT
The Oaks Recreation & Fitness Center
10847 W. La Porte Road, Mokena, IL 60448
708-390-2343 • info@mokenapark.com
www.mokenapark.com

MOKENA COMMUNITY PARK DISTRICT



Wellness Services

Personal & Group Training Information



708-390-2343
www.mokenapark.com

Prices are subject to change without notice.



BENEFITS OF PERSONAL FITNESS TRAINING

- Education & Motivation
- Stress reduction
- Weight loss & toning
- More energy
- Improved health
- Increased strength and flexibility
- Enhanced sports performance
- Improved Balance and Coordination
- Increased self-esteem & awareness
- Education on reducing high blood pressure & cholesterol with proper exercise and nutrition.
- Personally tailored nutritional advice.
- Help managing chronic diseases, weight gain, sensitivities, food allergies, and self-image.
- Guidance on understanding overall nutrition.

PERSONAL FITNESS INDIVIDUAL TRAINING

One session is 60 minutes:

1 session	\$52
6 session package	\$288
12 session package	\$554
18 session package	\$790

NEW! TRAINING PACKAGES

All packages below are for new clients only and a one-time purchase. Personal training sessions expire 6 months after date of purchase.

Starter Training Package: \$133

New to training? This training package for new clients consists of:

- **3 Personal Training Sessions**

Work with one of our Personal Trainers and receive 3 sessions of education on exercise tailored to your individual needs! A great start for those who have never met with a personal trainer and need guidance on improving energy and strength, cardiovascular endurance, balance and flexibility and much more!



SMALL GROUP TRAINING PROGRAMS

Start training outside the fitness box for real results. Take your training to a new level today. Affordable small group workouts that are led by a personal trainer will ensure optimal results and personalized attention. These programs include a variety of specialized equipment such as rower/assault bike, rope/suspension training, kettlebell, boxing and more!

- Ultimate Athletic Training
- K.B.S. Training (*Kettlebell, Boxing and Suspension Training*)
- Active Sit & Fit

Couple and Group Training

Do you have a workout partner or a group of people looking to train? For more information, contact the Fitness & Wellness Supervisor at 708-390-2344.

**IF IT DOESN'T CHALLENGE YOU,
IT WON'T CHANGE YOU.**