



New Service Offered!

Personal Training

top 5 reasons to hire a personal trainer

- 1. accountability*
- 2. motivation*
- 3. proper form*
- 4. variety*
- 5. saves time*

BE THE *best* VERSION OF *you!*



SESSION RATES

INDIVIDUAL	Half Hour	One Hour
Per Session	\$20	\$40
5 Pack	\$95	\$195
10 Pack	\$180	\$380

PARTNER	Half Hour	One Hour
Per Session	\$30 (\$15 per person)	\$60 (\$30 per person)
5 pack	\$140 (\$70 per person)	\$290 (\$145 per person)
10 Pack	\$260 (\$130 per person)	\$560 (\$280 per person)

Contact Kris Leslie, Health Club Manager, to schedule a consultation and set up your first session! kleslie@ilresorts.com. 847-625-7300 x638