

# north shore senior center

## Personal Training

NSSC's certified personal trainers offer one-on-one personal training sessions that are customized for each client based on their unique fitness goals.

Trainers are qualified in specialty areas such as balance, cardiovascular, strength, and flexibility. Clients can choose a trainer who best matches their preference and style.

### 30-Minute Sessions

### 60-Minute Sessions

	NSSC Member	Non-Member
1 Session	\$55	\$75
5-Pack	\$250	\$300
10-Pack	\$485	\$580

	NSSC Member	Non-Member
1 Session	\$85	\$100
5-Pack	\$380	\$430
10-Pack	\$740	\$825

Payment is required at the time of the session. Visa, MasterCard, check, or cash are accepted. We reserve appointment times exclusively for you. Appointments must be cancelled 24 hours in advance or a cancellation charge will apply.

#### Hours of Operation:

Monday - Friday 7 a.m. - 4 p.m.

Saturday 8 a.m. - 1 p.m.

Last call for exercise is 30 minutes prior to close

847.784.6003

[www.nssc.org](http://www.nssc.org)