

Personal Training



Enjoy one-on-one training with our highly-trained fitness specialist who will create your personalized program and support your wellness goals.

The Personal Trainer at the NSSC Fitness Center will develop the ideal program for you to safely and effectively achieve your fitness goals. Personal Training sessions are one-on-one exercise workouts with professional assistance in achieving fitness goals. Also a great way to get additional motivation to exercise regularly!

Personal Training Options and Fees

<u>30-Minute Sessions</u>			<u>60-Minute Sessions</u>		
	<u>NSSC Member</u>	<u>Non-NSSC Member</u>		<u>NSSC Member</u>	<u>Non-NSSC Member</u>
1 Session	\$ 55	\$ 70	1 Session	\$ 85	\$ 100
5 Pack	\$ 250	\$ 300	5 Pack	\$ 380	\$ 430
10 Pack	\$ 485	\$ 580	10 Pack	\$ 740	\$ 825

Fitness Center members receive a 10% discount off the applicable Personal Training fee.

Mondays thru Fridays 8 a.m.—4 p.m. and Saturdays 8 a.m.—1 p.m.

847.784.6003 www.nssc.org
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