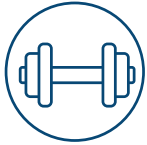


WHY PERSONAL TRAINING?

The world of fitness can be overwhelming. The good news is you don't have to do it alone! A qualified personal trainer can help you achieve your goals in more ways than you can imagine! Start by defining realistic and achievable fitness goals, then identify the best exercises and schedule to reach those goals safely and efficiently.



WHY LAWRENCE PARKS and RECREATION?

- Multiple Locations
- Flexible Schedule
- No Contracts
- Individual, Partner and Small Group Sessions
- Location and Time Based on Your Schedule (all scheduling done directly between trainer and client)

BENEFITS



- Accountability
- Long-Term Guidance and Motivation
- Reduced Risk of Injury
- Maintain Consistency
- Help Train with Medical Conditions
- Variety and Creativity in Your Workout
- Personalized to Your Specific Goals
- Set the Stage for a Healthier Future
- Company and Encouragement

PRICING

Individual Sessions | 60 Minutes
\$25 per session | 30 min Half Session
\$40 per session | 1-6 Sessions
\$35 per session | 7 or more Sessions

Partner or Shared Sessions | 60 Minutes
\$50 per session | 1-6 Sessions
\$45/7 Sessions or More

Group Sessions | 60 Minutes
\$80 | Groups of Three to Six Individuals



Want More Information?

Please contact Gayle Sigurdson, Lifelong Recreation Supervisor, at 785-832-7909 or gsigurdson@lawrenceks.org

WHAT CAN I EXPECT?

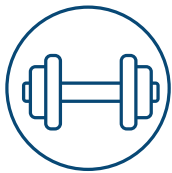


LAWRENCE PARKS & RECREATION PERSONAL TRAINING

Get the Most Out of Your Workout!

Personal training packages with certified trainers are available through Lawrence Parks and Recreation!

Expect an hour tailored to you and your fitness goals. Each of our four recreation centers have weight and cardio equipment, so you have the freedom to choose the location that is convenient for you! The LPRD Personal Training program has a number of qualified, professional trainers. We give you the ability to review their profiles beforehand, which can help you select someone that best fits your individual needs.



LOCATIONS

Community Building

115 W. 11th St. | 785-832-7920

East Lawrence Recreation Center

1245 E. 15th St. | 785-832-7950

Holcom Recreation Center

2700 W. 27th St. | 785-832-7940

Sports Pavilion Lawrence

100 Rock Chalk Ln. | 785-330-7355