



Small Group Personal Training

Latest Affordable Trend in Personal Training

All personal training sessions are led by Parks Plus Fitness Center certified personal trainers. Receive one on one attention in a small group setting. Workouts can be modified for all ability levels.

Individuals may sign up online via the Wheaton Park District registration system or at the Community Center Front Desk.

Boot Camp

You'll love how our program makes you feel! Parks Plus Fitness Center Boot Camp is an 8-week, Monday through Thursday, program for building strength and cardiovascular stamina. This program energizes, encourages and never knocks you down. Personal trainers work with you to break down the mental and physical barriers keeping you from reaching your health goals.

Days	Time	Dates	Cost	Code #
M-Th	5-6P	1/9-3/8	\$185 Res	115118-01
M-Th	5-6P	1/9-3/8	\$175*	115118-02

Morning Boot Camp

Parks Plus Fitness Morning Boot Camp is held twice a week on Tuesdays and Thursdays from 6-7 a.m.

Days	Time	Dates	Cost	Code #
Tu/Th	6-7A	1/10-3/8	\$110 Res	115118-01
Tu/Th	6-7A	1/10-3/8	\$100*	115118-02

Biggest Loser Workout Challenge

Change your lifestyle in this 8-week challenge. Participants are pre- and post-tested (tests include blood pressure, resting heart rate, body fat percentage or waist to hip ratio and weight), put through a last chance work out and participate in weekly weigh-ins. Our personal trainers are with you every step of the way for motivation and coaching. A prize is awarded to the participant who makes the most significant lifestyle change. Everyone who participates wins better health!

Days	Time	Dates	Cost	Code #
M/W	6-7P	1/9-3/5	\$110 Res	115126-01
M/W	6-7P	1/9-3/5	\$100*	115126-02

Couples Date Night Training

Tired of the same old date night—dinner and a movie? That routine won't help you reach your fitness goals. Let Parks Plus Certified Personal Trainers lead you through a couples workout incorporating free weights and cardio exercises. Class is open to couples...you and your spouse, or you and your BFF.

Days	Time	Dates	Cost	Code #
F	5-6P	1/13-3/9	\$60 Res	115119-01
F	5-6P	1/13-3/9	\$50*	115119-02

TRX Suspension Training

Improve and develop strength, balance, flexibility and core stability simultaneously while engaging all your muscles with this nonstop total body workout. This unique program leverages one's own bodyweight against gravity using the TRX Suspension Trainer! Led by certified TRX personal trainer Mike.

Days	Time	Dates	Cost	Code #
M	7-8P	1/16 - 2/20	\$108 Res	115135-01
M	7-8P	1/16-2/20	\$99*	115135-02
Tu	8:30-9:30A	1/17-2/21	\$108 Res	115135-03
Tu	8:30-9:30A	1/17-2/21	\$99*	115135-04
W	7-8P	1/18-2/22	\$108 Res	115135-05
W	7-8P	1/18-2/22	\$99*	115135-06
Th	8:30-9:30A	1/19-2/23	\$108 Res	115135-07
Th	8:30-9:30A	1/19-2/23	\$99*	115135-08

*Parks Plus Fitness Center Member Price

Stop by the Parks Plus Service Desk or contact Jen Saylor at 630.510.5136 or jsaylor@wheatonparks.org for more information!

Located in the Wheaton Park District Community Center

1777 S. Blanchard Road, Wheaton • 630.871.6713 • www.parksplusfitness.com

