



## Personal Training

Our personal trainers can create a leading-edge program designed to help you get the results you want. They are highly trained in areas such as post-rehabilitation and injury prevention, functional training, sport-specific training, strength training, weight management and much more.

We also offer partner training sessions and a variety of small group personal training sessions throughout the year.

**Northwestern Medicine**  
**Lake Forest Health & Fitness Center**  
1200 North Westmoreland Road  
Lake Forest, Illinois 60045

847.535.7060  
[lakeforesthfc.com](http://lakeforesthfc.com)

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### Personal training sessions (price per session)

30 minutes	Member
1 to 7 sessions	\$52
8 sessions	\$51
12 sessions	\$50
16 sessions	\$49
20 sessions	\$48
32 sessions	\$45

45 minutes	Member
1 to 7 sessions	\$65
8 sessions	\$64
12 sessions	\$63
16 sessions	\$62
20 sessions	\$61
32 sessions	\$58

60 minutes	Member
1 to 7 sessions	\$83
8 sessions	\$82
12 sessions	\$81
16 sessions	\$80
20 sessions	\$79
32 sessions	\$76

### Partner training sessions (price per session, per person)

Member	45 minutes	60 minutes
2 people	\$39	\$55
3 people	\$34	\$50
4 people	\$29	\$45
5 people	\$24	\$40

The full fee will be charged for sessions canceled less than 24 hours in advance. All sessions booked expire six months from the date of purchase.

Rates effective as of April 1, 2024.

**For a list of current and future training sessions or to schedule a session, stop by the Member Services Desk or call 847.535.7060.**