

Personal Training

Personal Training

For more information, refer to our website for your home club's Personal Training Manager contact information.

Each of our trainers hold a nationally accredited Personal Training certification and/or have a degree in Exercise Physiology or related field. Our trainers have experience in the following fields:

- Strength Training
- Pre/Postnatal
- Speed/Endurance/Agility Training
- Weight Loss
- Sports Training and Conditioning
- Triathlon Training
- Private Swimming (Adult)
- Kettlebell Training
- Power Lifting
- Injury Rehabilitation and Prevention
- Flexibility Training
- Core Strength
- Private Yoga

Get more information about our trainers, including their bios, testimonials and specialties, online at ChicagoAthleticClubs.com

Training Levels

We have 3 levels of trainers available in order to cater to all fitness levels; from beginners to professional athletes

Expert Trainers

Expert trainers have been through extensive practical training and onboarding. They are experts in training the general population and developing a fitness program tailored to your needs.

| | ½ HOUR | 1 HOUR |
|--------------------|----------------------|------------------------|
| 1 SESSION | \$45 | \$75 |
| 8 SESSION PACKAGE | \$344 (\$43/session) | \$584 (\$73/session) |
| 16 SESSION PACKAGE | \$640 (\$40/session) | \$1,136 (\$71/session) |
| 24 SESSION PACKAGE | — | \$1,680 (\$70/session) |
| 32 SESSION PACKAGE | — | \$2,208 (\$69/session) |
| 64 SESSION PACKAGE | — | \$4,224 (\$66/session) |

Elite Trainers

Elite trainers have completed additional coursework and certifications for specific fitness trends and populations. If you have a more specific goal in mind, these trainers can help customize a program for you.

| | ½ HOUR | 1 HOUR |
|--------------------|----------------------|------------------------|
| 1 SESSION | \$50 | \$80 |
| 8 SESSION PACKAGE | \$376 (\$47/session) | \$624 (\$78/session) |
| 16 SESSION PACKAGE | \$720 (\$45/session) | \$1,216 (\$76/session) |
| 24 SESSION PACKAGE | — | \$1,800 (\$75/session) |
| 32 SESSION PACKAGE | — | \$2,368 (\$74/session) |
| 64 SESSION PACKAGE | — | \$4,544 (\$71/session) |

Specialist Trainers

Specialist trainers have a minimum of 3 years of experience in the fitness industry. They possess multiple certifications and can work with any population—post rehab, pre/post natal, hypertension, etc.

| | ½ HOUR | 1 HOUR |
|--------------------|----------------------|------------------------|
| 1 SESSION | \$55 | \$85 |
| 8 SESSION PACKAGE | \$416 (\$52/session) | \$664 (\$83/session) |
| 16 SESSION PACKAGE | \$784 (\$49/session) | \$1,296 (\$81/session) |
| 24 SESSION PACKAGE | — | \$1,920 (\$80/session) |
| 32 SESSION PACKAGE | — | \$2,528 (\$79/session) |
| 64 SESSION PACKAGE | — | \$4,864 (\$76/session) |

Semi-Private Personal Training

| 2 Individuals | ½ HOUR | 1 HOUR |
|--------------------|--------|---------|
| 1 SESSION | \$60 | \$110 |
| 8 SESSION PACKAGE | \$480 | \$864 |
| 16 SESSION PACKAGE | \$960 | \$1,696 |

| 3 Individuals | ½ HOUR | 1 HOUR |
|--------------------|---------|---------|
| 1 SESSION | \$65 | \$115 |
| 8 SESSION PACKAGE | \$520 | \$904 |
| 16 SESSION PACKAGE | \$1,040 | \$1,776 |

| 4 Individuals | ½ HOUR | 1 HOUR |
|--------------------|---------|---------|
| 1 SESSION | \$70 | \$120 |
| 8 SESSION PACKAGE | \$560 | \$944 |
| 16 SESSION PACKAGE | \$1,120 | \$1,856 |

Purchase personal training sessions & packages at the front desk

Personal Training pricing is subject to change. View the website or ask the front desk for current pricing.



Personal Training

Private Yoga

Private Yoga addresses your individual needs. Whether you are new to yoga, working on a particular set of poses or managing an injury, working one-on-one with a private yoga trainer can be one of the most beneficial ways to begin or deepen your practice.

| | 1 HOUR | 1½ HOUR |
|--------------------|------------------------|-------------------------|
| 1 SESSION | \$85 | \$127 |
| 8 SESSION PACKAGE | \$664 (\$83/session) | \$1,000 (\$125/session) |
| 16 SESSION PACKAGE | \$1,296 (\$81/session) | \$1,968 (\$123/session) |
| 24 SESSION PACKAGE | \$1,920 (\$80/session) | \$2,928 (\$122/session) |
| 32 SESSION PACKAGE | \$2,528 (\$79/session) | \$3,872 (\$121/session) |
| 64 SESSION PACKAGE | \$4,864 (\$76/session) | \$7,616 (\$119/session) |

Semi-Private Yoga

2 Individuals

| | 1 HOUR | 1½ HOUR |
|--------------------|---------|---------|
| 1 SESSION | \$110 | \$160 |
| 8 SESSION PACKAGE | \$864 | \$1,264 |
| 16 SESSION PACKAGE | \$1,696 | \$2,496 |

3 Individuals

| | 1 HOUR | 1½ HOUR |
|--------------------|---------|---------|
| 1 SESSION | \$115 | \$165 |
| 8 SESSION PACKAGE | \$904 | \$1,304 |
| 16 SESSION PACKAGE | \$1,776 | \$2,576 |

4 Individuals

| | 1 HOUR | 1½ HOUR |
|--------------------|---------|---------|
| 1 SESSION | \$120 | \$170 |
| 8 SESSION PACKAGE | \$944 | \$1,344 |
| 16 SESSION PACKAGE | \$1,856 | \$2,656 |

For more information or to schedule private yoga sessions, please contact your club's Personal Training Manager.

Personal Training contract payment options are available.

SMART Trainer Cycle Studio at LSAC

This studio allows cyclist of all levels, abilities, and goals to train for and simulate outdoor rides on brand new Wahoo KICKR SNAP Smart Trainers in the comfort of an indoor training room. Cyclists are able to bring in their own bikes and our classes/rides will be designed to provide real time data on rides to help cyclists improve threshold power, overall fitness and endurance.

For pricing and schedule, visit us online at:
www.chicagoathleticclubs.com/cac-smart-trainer-cycle-studio

