

GET 1 FREE PERSONAL TRAINING SESSION

WHEN YOU BUY A PACKAGE OF 6 SESSIONS!



- » Purchase 6 one-hour sessions with a Lake Forest Fitness Center Personal Trainer during the month of March and **GET ONE HOUR FREE!**
- » Offer ends 3/31/25.
- » Training package must be purchased and paid in full prior to first training session.
- » All Personal Training packages expire one year from the purchase date.
- » Ages 12-17 must have a waiver signed by a parent or guardian.
- » See the Fitness Center front desk for more information or call us at 847-810-3932.

* Must purchase the 6 hour package to get one hour free

LAKE FOREST



LAKE FOREST FITNESS CENTER • 400 HASTINGS ROAD, LAKE FOREST, IL 60045 • 847-810-3932