

Jump Start Orientation

Sign up for a **FREE 30-minute personal training session!**

Available to
all
new members!

During the session you will:

- ▶ Meet with a certified personal trainer.
- ▶ Share your fitness goals.
- ▶ Learn how to use the equipment.
- ▶ Receive custom set ups just for you.
- ▶ Discuss which of our 95+ free group ex classes match your needs.

Full fitness assessments are available upon request.

Visit Member Services or stop at the Front Desk to sign up and get a "Jump Start" to success.



FITNESS CENTER
at the Buffalo Grove Park District

After filling out a personal training profile card you will be contacted by a personal trainer within 72 business hours to set up your 1 free Jump Start Orientation. All scheduled Jump Start Orientations require a 24-hour advance notice for cancellation. If you fail to cancel within 24 hours you will forfeit the 1 free Jump Start Orientation. Jump Start Orientations must be used within 30 days of membership enrollment. Jump Start Orientations have no monetary value therefore they are nonrefundable and nontransferable.

