

Now available at the Fitness Center!



Hannah

Health & Wellness Coach,
NASM Certified Personal Trainer, &
Performance Enhancement Coach

Wellness COACHING

We are pleased to introduce Hannah as the new health and wellness coach at the Fitness Center. Hannah provides guidance and support to those who are ready to improve their health and fitness through lifestyle changes. She helps set reasonable goals and create an attainable plan to transform set goals into long-lasting healthy habits. Her experience and evidence-based methods will help you improve your overall health and well-being.

NEW!
STARTER PACK*
For anyone trying Wellness Coaching for the first time.
**Get a 6-Pack of 45-Minute
Wellness Coaching sessions
for only \$510**

45-Minute Wellness Coaching Packages

MEMBER

Single Session \$95 Code: Well45-01	12-Pack \$1080 Code: W45-12	18-Pack \$1620 Code: W45-18	24-Pack \$2160 Code: W45-24
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NONMEMBER

Single Session \$110 Code: Well45-01	12-Pack \$1200 Code: W45-12	18-Pack \$1800 Code: W45-18	24-Pack \$2400 Code: W45-24
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For more information on Wellness Coaching, contact Debra Saper at 847.353.7512 or dsaper@bgparks.org, or stop by Guest Services.

* Offer valid one time, per person, for anyone who has never purchased a Wellness Coaching session. Only valid for Wellness Coaching.