

Halas Sports Center

PERSONAL TRAINING

All Packages Include:

- * Body Fat Analysis
- * Review of Exercise History
- * Health and Fitness Goals
- * Individualized Exercise Program



Faculty, Staff and Alumni

3 Sessions: \$99
5 Sessions: \$150
10 Sessions: \$270
15 Sessions: \$360

Student Packages

3 Sessions: \$85
5 Sessions: \$145
10 Sessions: \$245
15 Sessions: \$345



Questions? Contact April Boulter at aboutle@luc.edu

The Loyola University Chicago Fitness Instruction program is under the supervision of ACSM Certified Health and Fitness Instructor and AFAA Group Exercise Instructor April Boulter. April has her B.S. degree in Kinesiology and M.Ed in Sports Management and is the Fitness Coordinator for Campus Recreation. All LUC Personal Fitness Instructors are CPR certified and have undergone an approved Fitness Training Program. All Fitness Trainers are either nationally certified or pursuing a national certification in personal training.