

**\*IMPORTANT! KEEP THIS ALL SEASON!\***



## Personal Training

Get fit under the guidance of FVSRA fitness trainers. Participants under the age of 14 will follow an individual fitness plan outside of a fitness center. The goal of this program is to meet individual fitness goals (improved cardiovascular endurance, muscular endurance gross motor skills, etc.) through a fitness assessments and an individualized workout plan.

<b>Program Liaison:</b>	Alex Redenius alexr@fvsra.org
<b>Location:</b>	Vaughan Athletic Center Sunset Community Center

### Notes:

- Please call Alex Redenius at the FVSRAS office (630.907.1114) at 8:00am on Thursday, January 26<sup>th</sup>, 2012 to schedule your specific time.
- This is the only way to secure a time slot for personal training.
- Personal training will be scheduled in 60 minute intervals on a first-come, first-served basis.
- If a participant is unable to attend a session for any reason, that session will not be rescheduled or refunded.
- See page 32 in the FVSRA Winter/Spring 2012 Brochure for more information.

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