The world of fitness can be overwhelming. The good news is you don’t have to do it alone! A qualified personal trainer can help you achieve your goals in more ways than you can imagine! Start by defining realistic and achievable fitness goals, then identify the best exercises and schedule to reach those goals safely and efficiently.

**WHY PERSONAL TRAINING?**
- Accountability
- Long-Term Guidance and Motivation
- Reduced Risk of Injury
- Maintain Consistency
- Help Train with Medical Conditions
- Variety and Creativity in Your Workout
- Personalized to Your Specific Goals
- Set the Stage for a Healthier Future
- Company and Encouragement

**WHY LAWRENCE PARKS and RECREATION?**
- Multiple Locations
- Flexible Schedule
- No Contracts
- Individual, Partner and Small Group Sessions
- Location and Time Based on Your Schedule (all scheduling done directly between trainer and client)

**PRICING**

**Individual Sessions | 60 Minutes**
- $25 per session | 30 min Half Session
- $40 per session | 1-6 Sessions Purchased
- $35 per session | 7 or more Sessions Purchased

**Partner or Shared Sessions | 60 Minutes**
- $50 per session | 1-6 Sessions Purchased
- $45/7 Sessions or More

**Group Sessions | 60 Minutes**
- $80 | Groups of Three to Six Individuals

Want More Information?
Please contact Gayle Sigurdson, Lifelong Recreation Supervisor, at 785-832-7909 or gsigurdson@lawrenceks.org
WHAT CAN I EXPECT?

Expect an hour tailored to you and your fitness goals. Each of our four recreation centers have weight and cardio equipment, so you have the freedom to choose the location that is convenient for you! The LPRD Personal Training program has a number of qualified, professional trainers. We give you the ability to review their profiles beforehand, which can help you select someone that best fits your individual needs.

LOCATIONS

Community Building
115 W. 11th St. | 785-832-7920

East Lawrence Recreation Center
1245 E. 15th St. | 785-832-7950

Holcom Recreation Center
2700 W. 27th St. | 785-832-7940

Sports Pavilion Lawrence
100 Rock Chalk Ln. | 785-330-7355

Get the Most Out of Your Workout!

Personal training packages with certified trainers are available through Lawrence Parks and Recreation!