

Personal Training

Personal Training

For more information, refer to our website for your home club's Personal Training Manager contact information.

Maximize your fitness goals through personal training. Each of our talented personal trainers is nationally certified and an expert in their trained field, including:

- Nutrition
- Strength Training
- Pre/Postnatal
- Speed/Endurance/Agility Training
- Weight Loss
- Sports Training and Conditioning
- Triathlon Training
- Private Swimming (Adult)
- Kettlebell Training
- Power Lifting
- Injury Rehabilitation and Prevention
- Flexibility Training
- Core Strength
- Private Yoga

Get more information about our trainers, including their bios, testimonials and specialties, online at ChicagoAthleticClubs.com

Expert Trainers

If you are a relatively healthy adult in need of an overall exercise program, an Expert Trainer may be right for you. Our Expert Trainers are nationally certified and have performed 100 hours of course and practical work.

	½ HOUR	1 HOUR
1 SESSION	\$45	\$75
8 SESSION PACKAGE	\$344 (\$43/session)	\$584 (\$73/session)
16 SESSION PACKAGE	\$640 (\$40/session)	\$1,136 (\$71/session)
24 SESSION PACKAGE	—	\$1,680 (\$70/session)
32 SESSION PACKAGE	—	\$2,208 (\$69/session)
64 SESSION PACKAGE	—	\$4,224 (\$66/session)

Elite Trainers

If you are in need of specialized instructive training such as pre/postnatal, stretching, athletic performance and weight loss, our Elite Trainer can assist you with these goals. Our Elite Trainers are nationally certified and have completed additional certifications in specialized areas of coursework. They are highly skilled coaches, excellent at problem-solving, who can address a variety of fitness and weight management issues.

	½ HOUR	1 HOUR
1 SESSION	\$50	\$80
8 SESSION PACKAGE	\$376 (\$47/session)	\$624 (\$78/session)
16 SESSION PACKAGE	\$720 (\$45/session)	\$1,216 (\$76/session)
24 SESSION PACKAGE	—	\$1,800 (\$75/session)
32 SESSION PACKAGE	—	\$2,368 (\$74/session)
64 SESSION PACKAGE	—	\$4,544 (\$71/session)

Specialist Trainers

If you have arthritis or heart disease, want to work on serious weight loss or need specialized marathon/athletic performance training, a Specialist Trainer is for you. These trainers are nationally certified. They have completed multiple certifications in specialized coursework and are seasoned coaches with exceptional program-development and problem-solving skills. They have distinguished themselves as leaders in the industry.

	½ HOUR	1 HOUR
1 SESSION	\$55	\$85
8 SESSION PACKAGE	\$416 (\$52/session)	\$664 (\$83/session)
16 SESSION PACKAGE	\$784 (\$49/session)	\$1,296 (\$81/session)
24 SESSION PACKAGE	—	\$1,920 (\$80/session)
32 SESSION PACKAGE	—	\$2,528 (\$79/session)
64 SESSION PACKAGE	—	\$4,864 (\$76/session)

Semi-Private Personal Training

2 Individuals

	½ HOUR	1 HOUR
1 SESSION	\$60	\$110
8 SESSION PACKAGE	\$480	\$864
16 SESSION PACKAGE	\$960	\$1,696

3 Individuals

	½ HOUR	1 HOUR
1 SESSION	\$65	\$115
8 SESSION PACKAGE	\$520	\$904
16 SESSION PACKAGE	\$1,040	\$1,776

4 Individuals

	½ HOUR	1 HOUR
1 SESSION	\$70	\$120
8 SESSION PACKAGE	\$560	\$944
16 SESSION PACKAGE	\$1,120	\$1,856



Personal Training

Private Yoga

Private Yoga addresses your individual needs. Whether you are new to yoga, working on a particular set of poses or managing an injury, working one-on-one with a private yoga trainer can be one of the most beneficial ways to begin or deepen your practice.

	1 HOUR	1½ HOUR
1 SESSION	\$85	\$127
8 SESSION PACKAGE	\$664 (\$83/session)	\$1,000 (\$125/session)
16 SESSION PACKAGE	\$1,296 (\$81/session)	\$1,968 (\$123/session)
24 SESSION PACKAGE	\$1,920 (\$80/session)	\$2,928 (\$122/session)
32 SESSION PACKAGE	\$2,528 (\$79/session)	\$3,872 (\$121/session)
64 SESSION PACKAGE	\$4,864 (\$76/session)	\$7,616 (\$119/session)

Semi-Private Yoga

2 Individuals

	1 HOUR	1½ HOUR
1 SESSION	\$110	\$160
8 SESSION PACKAGE	\$864	\$1,264
16 SESSION PACKAGE	\$1,696	\$2,496

3 Individuals

	1 HOUR	1½ HOUR
1 SESSION	\$115	\$165
8 SESSION PACKAGE	\$904	\$1,304
16 SESSION PACKAGE	\$1,776	\$2,576

4 Individuals

	1 HOUR	1½ HOUR
1 SESSION	\$120	\$170
8 SESSION PACKAGE	\$944	\$1,344
16 SESSION PACKAGE	\$1,856	\$2,656

For more information or to schedule private yoga sessions, please contact your club's Personal Training Manager.

Personal Training contract payment options are available.

Private Aerial Yoga at Webster Place

Aerial Yoga is a fusion of several mind body disciplines including yoga, aerial arts, Pilates and dance, performed with silk hammocks, designed to strengthen and tone muscles. All levels welcome; no prior experience necessary.

1-on-1	1 HOUR	
1 SESSION	\$85	
8 SESSION PACKAGE	\$664 (\$83/session)	
16 SESSION PACKAGE	\$1,296 (\$81/session)	

2-on-1	1 HOUR	1½ HOUR
1 SESSION	\$110	\$160
8 SESSION PACKAGE	\$864	\$1,264
16 SESSION PACKAGE	\$1,696	\$2,496

The Golf Studio at EAC

The better way, to better play.

Available for all CAC members

EAC Golf Studio has a panoramic simulator with dozens of fun and notable courses and many great virtual practice applications. Also integrated into the EAC Golf Studio is a private putting area. The comfortable and accommodating space will support your year-round playing and practicing needs.

Golf programming at the EAC Golf Studio brings PGA- Professional collaboration to offer you support for your game and your lifestyle.

- Technology: our panoramic simulator
- Outdoor play and learning opportunities in-season
- PGA Professional Staff dedicated to understanding your game
- Mizuno-Certified club fitting and equipment services available.
- Indoor leagues and special events for small groups
- Developmental programs to support aspiring junior players of Members (starting at grade 7).
- Outside appearances and activities to enhance your business and personal events.

The Golf Training Studio at EAC offers the following services and more:

Private Session	1 HOUR
1 SESSION	\$85
8 SESSION PACKAGE	\$664 (\$83/session)
16 SESSION PACKAGE	\$1,296 (\$81/session)

For information on leagues and private bookings, please call Evanston Athletic Club 847.866.6190

