

LifeStart™

FITNESS CENTER

at Central Park

Located in the Central Park business complex off Naperville Road and I-88, Central Park Athletic Club is a premier health and fitness center, serving businesses and community members.

2 large group exercise studios | Indoor lap pool | Full court Basketball
2 complete lines of strength training equipment

Over 2 Tons of free weights | Over 90 Cardiovascular stations

Executive locker room | Towel and laundry service | Whirlpool, sauna, and steam room
Yoga, Pilates, Spin, Step, and many, many more group classes

Membership Rates

Initiation Fee

	Annual	Month/Month
Individual	\$75	\$100
Couple	\$100	\$125
Family (2 adults /2 teens 16-21)	\$125	\$150
Senior(60+)	\$50	\$75
Student 16-21	\$50	\$75
Executive	\$100	\$125

Membership Dues

	Monthly Dues	Tenant Dues
Individual	\$59	\$52
Couple	\$89	\$82
Family (2 adults /2 teens 16-21)	\$109	\$102
Senior(60+)	\$42	\$42
Student 16-21	\$42	\$42
Executive	\$90	\$82

Monthly memberships are paid through monthly EFT deductions via credit card or checking account. A 12-month commitment is required for all Annual Memberships. All enrollees are required to sign a Membership Agreement, Policy Acknowledgement and Liability Waiver prior to receiving Membership privileges.

Services & Fees

Locker & Laundry - Monthly \$15

Personal Training

One-on-One

30 Minute Sessions	45-minute Sessions
1 session \$38	1 session \$46
5 sessions \$160	5 sessions \$200
10 sessions \$305	10 sessions \$370
20 sessions \$570	20 sessions \$690

Group Training Sessions

Minimum of 3 participants/session and maximum of 5.

1 session per week - \$50 / month
2 sessions per week - \$90 / month
3 sessions per week - \$125 / month

Executive Training Upgrade*

10-sessions/month	30 minute	\$175/month
12-sessions/month	30 minute	\$200/month
12-sessions/month	45 minute	\$290/month

*2 month minimum training required. Must provide 30 day written notice to cancel.

ESP Athletics

Working with youth athletes to present accelerated development to compete at the highest level through speed and strength training.

CORPORATE PROGRAMS AVAILABLE

Our corporate card program is a cost effective solution to expand your benefits to your entire staff without paying the cost of each individual membership. **Corporate Card Details:** Minimum 3 card purchase, Advanced Health Screening and Fitness Testing Program for all staff, Quarterly Health Promotion Schedule including Health Fairs at your office.

All services must be paid for in-full and in-advance via cash, check or credit card.
All Fees Are Subject To Change



On-Site

A.R.C. Physical Therapy

By Appointment

M - F 7:30 am - 5:00 pm

Phone (630) 577-6920

Fax (630) 577-6930

Advanced Rehabilitation Clinics Physical Therapy utilizes the latest advances in hands-on-treatment techniques in combination with cost effective state-of-the-art equipment.

**Inquire about a free screening!
Massage Services Available**



We are pleased to announce that Experience Triathlon, a local endurance coaching services company, will be presenting a series of triathlon seminars at LifeStart Central Park.

Join Founder and head Coach Joe LoPresto and triathlon Coach Suzy Cerra. Please call for information.
www.experiencetriathlon.com



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sarah@embodysmovementpilates.com
www.embodysmovementpilates.com

POWER PLATE.

**Power Plate
Training Available**

Club Hours

Monday - Thursday
5:00AM - 9:00PM

Friday
5:00AM - 8:00PM

Saturday & Sunday
8:00 AM - 5:00 PM

4225 Naperville Road | Lisle, IL 60532 | 630.505.7799 | FAX 630.505.7766

www.lifestart.net/CentralPark