

PERSONAL TRAINING

Learn sound fitness principles to become an independent exerciser. Training is tailored to individual needs and offered in two-, four-, and six-session formats. A free semester membership is available with a four- or six-session registration.

Individual Personal Training

Personal training is for the individual who wants personalized instruction and the valuable motivation a trainer provides. Our goal is to teach sound fitness principles that encourage independent exercise.

All sessions must be used by the end of the semester.

Two one-hour sessions by arrangement
FIT P01-001 OC/DP, \$89

Four one-hour sessions by arrangement
FIT P01-002 OC/DP, \$159

Six one-hour sessions by arrangement
FIT P01-003 OC/DP, \$229

Personal Training for Two

Personalized instruction is also available for individuals and a partner of their choice. Includes free semester membership.

Six one-hour sessions by arrangement
FIT P02-001 OC/DP, \$279

FREE MEMBERSHIP

Sign up for four or six personal training sessions and get a free Fitness Center membership.

For more information, call
847-635-1839.

FEATURES

- Newest equipment from Cybex, Free Motion, Octane Fitness, and Precor.
- More than 20 machines to exercise all major muscle groups.
- A variety of aerobic workout machines to increase cardiovascular development, including Arc Trainer, LateralX Trainer, StairMasters, treadmills, elliptical walkers, and recumbent bikes.
- Fitness room, warm-up area, and locker rooms with showers.
- Experienced and certified staff to assist members.
- TV and audio equipment.

Fitness Center, Room 1156

1600 East Golf Road, Des Plaines, IL 60016
847-635-1839, www.oakton.edu/athletics

Hours:

Open year around — when the College is open.
Monday - Thursday 7 a.m. - 7:30 p.m.
Friday 7 a.m. - 6 p.m.
Saturday 9 a.m. - 1 p.m.

Summer Hours:

Monday - Thursday 7 a.m. - 9 p.m.

The College is closed on Fridays, Saturdays, and Sundays during summer sessions.

Fitness CENTER





Fitness Center offers two options for Oakton credit and noncredit students.

FITNESS CENTER CREDIT COURSES

The following **one-credit-hour** courses count toward graduation and grade point average. They may be taken in any order. Students may work out at any time during operating hours. Sign up at the Enrollment Center or online at *my.oakton.edu*.

PED 131 Physical Fitness

PED 132 Weight Training

PED 141 Physical Fitness II *(No prerequisite)*

PED 190 Fitness Center

Course requirements: 75 percent of the Fitness Center grade is based on participation; 100 minutes of participation per week is **required** during a 16-week class, 200 minutes a week is **required** for an eight-week class.

Fitness Center students must pre-test at one of several orientation sessions scheduled during the first week of class. Returning students must pre-test during a scheduled orientation session. Those who fail to meet this requirement are dropped from the course.

Orientation schedules are available in the Fitness Center.

Participation Grade

A	32 sessions of 50 minutes each
B	30 sessions of 50 minutes each
C	28 sessions of 50 minutes each
D	26 sessions of 50 minutes each
F	25 sessions or less of 50 minutes

Twenty-five percent of a student's grade is based on improvement and goal attainment. A required pre- and post-test consisting of five standardized fitness tests is administered to determine this portion of the grade.

FITNESS CENTER MEMBERSHIP

The following **noncredit membership** may be taken annually or per semester. Sign up in the Alliance for Lifelong Learning office (Room 1420, Des Plaines) or send in the attached registration form.

Membership Requirements:

- Members must be at least 16 years old.
- All members must attend a one-time, hour-long orientation. *(This session will introduce members to the concepts of physical fitness and the correct use of exercise equipment. Orientations are given on the hour.)*
- An Oakton ID card is required to use the Fitness Center. *(ID cards can be obtained from the Oakton library.)*
- Appropriate gym clothing and footwear required. *(no street shoes)*

FREE MEMBERSHIP: Sign up for **four** or **six** Personal Training Sessions and get a free membership. *(see back panel)*

Semester Membership

	Non-student	Noncredit Student	Credit Student
Spring: January - May	\$115	\$90	\$80
Summer: May - August	\$95	\$70	\$60
Fall: August - December	\$115	\$90	\$80

Plus \$9 processing fee

Annual Membership

Non-student	\$230
Oakton Noncredit Student	\$180
Oakton Credit Student	\$160
Walk-in Daily Rate	\$5

Plus \$9 processing fee

Fitness Center Membership Registration

Not for Physical Education credit

	Course No.	Check One	Cost
Oakton Noncredit Student Semester Rates <i>(must be currently enrolled)</i>			
Spring Semester	FIT E01-001	<input type="checkbox"/>	\$90
Summer Semester	FIT E01-031	<input type="checkbox"/>	\$70
Fall Semester	FIT E01-001	<input type="checkbox"/>	\$90

Oakton Credit Student Semester Rates <i>(must be currently enrolled)</i>			
Spring Semester	FIT F01-001	<input type="checkbox"/>	\$80
Summer Semester	FIT F01-031	<input type="checkbox"/>	\$60
Fall Semester	FIT F01-001	<input type="checkbox"/>	\$80

Non-student Semester Rates (General Public)			
Spring Semester	FIT B01-001	<input type="checkbox"/>	\$115
Summer Semester	FIT B01-031	<input type="checkbox"/>	\$95
Fall Semester	FIT B01-001	<input type="checkbox"/>	\$115

Annual Membership Rates			
Non-student	FIT B02-001	<input type="checkbox"/>	\$230
Oakton Noncredit Student	FIT E02-001	<input type="checkbox"/>	\$180
Oakton Credit Student	FIT F02-001	<input type="checkbox"/>	\$160

Name _____
Last *First*

Address _____

Home Phone _____ Bus. Phone _____

Membership Type _____

Course No. _____

For Visa, MasterCard, and Discover payment only - Check one:

Visa MasterCard Discover

Credit card no. _____ Exp. date _____

Three-digit code (on back of card) _____

Signature _____

Send checks (payable to Oakton Community College) to:
P.O. Box 367, Skokie, Illinois 60077 or if paying by credit card,
fax to 847-635-1448.

No confirmation will be sent.

Registration is taken at the Des Plaines campus, **Alliance for Lifelong Learning**, Room 1420, from 8:30 a.m. to 4:45 p.m.

Cost: \$ _____
Processing Fee: \$ _____ 9.00
Total: \$ _____