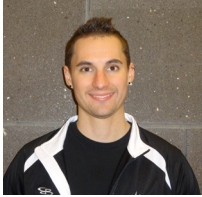


# Personal Training Staff



## **Ross Enyart**

**630-699-1891 ~ [ross.enyart@comcast.net](mailto:ross.enyart@comcast.net)**

I have a passion for health and fitness and would love the opportunity to help you reach any and all of your health and fitness goals. From fat and/or weight loss, to muscle building, to just improving the overall quality of your health, I can help instruct, guide and encourage you towards reaching your goals. I have experience working with clients of all ages and of all fitness levels. Whether you're just getting started or you are looking to train for a particular athletic event, I am confident that together we can make your goals possible.

- 8 Years Experience
- Bachelor of Science in Exercise Science
- Personal Training Diploma & Basic Nutrition Certificate from NPTI
- Healthy Bodies Healthy Minds® Certified



## **Del Halter**

**630-699-5853 ~ [dehalter@aol.com](mailto:dehalter@aol.com)**

My philosophy to health and fitness is: Commit to be fit. If it doesn't challenge you, it won't change you. My ultimate goal is to help you reach your ultimate goal. I can do this through exercise, strength training and motivation.

- Personal Trainer, W.I.T.S. Certified
- TRX Instructor, TRX Certified
- Running Coach, USA Track & Field Certified
- Lead Running Coach, Chicago Endurance Sports
- Pacer, Nike (Chicago Marathon)



## **Katie Lee**

**708-224-7858 ~ [ktlee1908@gmail.com](mailto:ktlee1908@gmail.com)**

I have been involved in fitness and sports for 14 years and have developed a true passion. I have been involved with competitive gymnastics for 13 years and have been an instructor for five years. As a gymnast, I understand that achieving what you want takes an immense amount of hard work, dedication and determination. Along with achieving your fitness goals, I will make sure you learn to carry these three important characteristics with you, which will help you through more than just your journey of fitness. Together, I promise we will make your goals become reality.

- NASM Certified(National Academy of Sports Medicine)
- 5 Years Gymnastics Coaching
- 4 Time IPDGC State Qualifier



**Jean Skarzynski**  
630-308-7232 ~ [skarz21@aol.com](mailto:skarz21@aol.com)

I enjoy working with clients to improve their overall health, focus on weight loss and gain strength and flexibility. I have completed two Chicago marathons as well as several half marathons and triathlons. I believe an active lifestyle can be part of everyone's life.

- 16 years Experience
- Bachelor of Science in Health and Fitness
- American Council on Exercise Certified Personal Trainer
- TRX Training and Vipor Training Certified



**Dawn Thompson**  
630-247-4864 ~ [dthom94614@aol.com](mailto:dthom94614@aol.com)

My passion for fitness has made me an experienced, accomplished triathlete and marathon runner. I've completed more than ten triathlons, over ten half marathons and have been a finisher in the Chicago Marathon twice. I enjoy biking, hiking, skiing, resistance training and anything that presents a challenge. My goal as a personal trainer is to challenge my clients mentally and physically; encourage them to obtain and maintain a healthy way of life all while having fun!

- 10 Years Experience
- National Personal Training Instructor Certified (NPTI)
- Kettle bell and Spin Certified



**Jill Zezulka**  
708-638-1549 ~ [jillyz5@comcast.net](mailto:jillyz5@comcast.net)

As a working mom, I understand today's hectic and busy lifestyles including demanding schedules. However, I do believe and reinforce that "You deserve YOU TIME!" I am here to help people develop a workout routine in which they enjoy and find rewarding. I like to get to a point with my clients where they are comfortable and want to workout regularly on their own.

- 15 Years Experience
- National Exercise Trainers Association Certified (NETA)
- Group Exercise Instructor
- Schwinn Cycling Certified



# Personal Training Rates & Policies

## 30-MINUTE INDIVIDUAL SESSIONS

1 Session - \$30  
5 Sessions - \$140  
10 Sessions - \$260

## 60-MINUTE INDIVIDUAL SESSIONS

1 Session - \$50  
5 Sessions - \$240  
10 Sessions - \$450

## PARTNER TRAINING

(UP TO TWO PEOPLE, PRICE IS PER PERSON)\*

1 Session - \$30  
5 Sessions - \$130  
10 Sessions - \$240

## GROUP TRAINING

(3 - 4 PEOPLE, PRICE IS PER PERSON)\*

5 Sessions - \$120  
10 Sessions - \$200

*\*Note Partner Training & Group Training  
are only available as 60-Minute Sessions.*

All personal training sessions/packages are non-refundable and expire six months from date of purchase. Clients must communicate cancellations directly to their trainer no less than 24 hours in advance. If notice of cancellation is given less than 24 hours prior to the scheduled training appointment or no notice is given, the client will be billed for the cancelled session. Training packages may not be divided or shared between multiple people. Non-Members may work with The CORE Trainers, with the applicable daily fee paid in addition.

*For more information please call 630-257-6787 or visit [www.LemontParkDistrict.org](http://www.LemontParkDistrict.org)*