

# Personal Training

**Now available from  
6am-12pm  
& select times between  
2pm-10pm**

**Monday - Saturday**

**Call or email Ben to set up your appointment.**

Phone: 630-205-8210  
Email: [apaclinics@gmail.com](mailto:apaclinics@gmail.com)

National Strength and Conditioning Association (NSCA)  
Certified Strength & Conditioning Specialist (CSCS)