

LET MWR FITNESS SPECIALISTS
HELP YOU ACHIEVE YOUR OPTIMUM
LEVEL OF PERSONAL FITNESS!

PERSONAL TRAINING SERVICES

TRAINING PACKAGES

All Training Sessions are 45 minutes

- ▶ 5 Sessions: \$100
(sessions will expire in 2 months)
- ▶ 10 Sessions: \$200
(sessions will expire in 3 months)
- ▶ 15 Sessions: \$300
(sessions will expire in 4 months)
- ▶ 20 Sessions: \$400
(sessions will expire in 5 months)

Active Duty: FREE (Priority Given to FEP Members)

CONTACT

Please call **202-433-2282** for
information, availability, and to
schedule your session!



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