

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

- ▶ Personal Fitness Assessments
- ▶ Develop Personal Workout Plans
- ▶ Personal Trainers

PERSONAL TRAINING SESSIONS



Our Fitness Specialists conduct personal fitness assessments to determine a customer's individual fitness level based on measurements, body composition, while discussing past, present, and future health and fitness levels. Once a baseline level is established, a personal plan of action for the customer is created to achieve desired fitness and lifestyle goals. Patrons can work out on their own or with the Fitness Specialist as their personal trainer.

NOTE: No Body Composition Test will be performed on Active Duty Military Members.

FEES & PRICE STRUCTURE

All Training Sessions are 45 minutes.

Active Duty: FREE (Priority Given to FEP members)

Single Training Session: \$25 per session

Training Packages:

- | | |
|---|---|
| ▶ 5 Sessions: \$100
<i>(Sessions will expire in 2 months)</i> | ▶ 15 Sessions: \$300
<i>(Sessions will expire in 4 months)</i> |
| ▶ 10 Sessions: \$200
<i>(Sessions will expire in 3 months)</i> | ▶ 20 Sessions: \$400
<i>(Sessions will expire in 5 months)</i> |

CONTACT

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



**STAY
CONNECTED**

