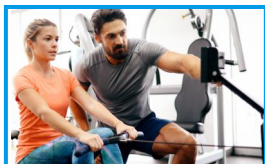


FITNESS TRAINING

SERVICES & PACKAGES



PERSONAL TRAINING PACKAGES:

1-on-1 personal training sessions held by MWR Fitness professional.

TYPE OF SERVICE (SESSIONS)

1 – 60 minute session
4 – 60 minute sessions
8 – 60 minute sessions
12 – 60 minute sessions
Fitness Assessment Testing

MILITARY

(ACTIVE DUTY, RESERVES, RETIRED)

\$45.00 per person
\$140.00 per person
\$250.00 per person
\$310.00 per person
Free

OTHER

(CIVILIANS, VETERANS)

\$50.00 per person
\$160.00 per person
\$290.00 per person
\$370.00 per person
\$35.00 per test w/1 follow-up



SMALL GROUP FITNESS TRAINING:

Private small group fitness sessions held by MWR Fitness Professionals.
(Minimum 2 patrons, maximum 6 patrons per group)

TYPE OF SERVICE (SESSIONS)

1 – 60 minute sessions
4 – 60 minute sessions

MILITARY

(ACTIVE DUTY, RESERVES, RETIRED)

\$15.00 per person
\$40.00 per person

OTHER

(CIVILIANS, VETERANS)

\$20.00 per person
\$60.00 per person



PERSONALIZED FITNESS PLANS:

Customized Fitness Programs developed by our Fitness Professionals to assist in reaching your fitness goals. Each Plan includes 1-weekly check-in with the Fitness Trainer for program consultation and to track your progress.

TYPE OF SERVICE (PROGRAMS)

4 week program
8 week program
12 week program

MILITARY

(ACTIVE DUTY, RESERVES, RETIRED)

\$100.00 per person
\$190.00 per person
\$270.00 per person

OTHER

(CIVILIANS, VETERANS)

\$120.00 per person
\$230.00 per person
\$330.00 per person

For more information, stop by the Fitness Center, Bldg. 2A or call 847-688-3994.

