

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)

\$50.00 per person
 \$180.00 per person
 \$320.00 per person
 \$420.00 per person
 Free

OTHER (CIVILIANS, VETERANS)

\$55.00 per person
 \$200.00 per person
 \$360.00 per person
 \$480.00 per person
 \$40.00 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)

\$20.00 per person
 \$60.00 per person

OTHER (CIVILIANS, VETERANS)

\$25.00 per person
 \$80.00 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.