

PERSONAL TRAINERS WILL PROVIDE YOU WITH:

•A fitness evaluation

This is a series of tests - including cardiovascular endurance, upper and lower body strength, and flexibility. Your trainer will ask about your health conditions, medications, and exercise experience.

•A personalized exercise program

This program is designed specifically for you. There is no one-size-fits-all approach.

•Supervised exercise

You receive one-on-one guidance throughout your workout program. Ensuring you are using proper form and techniques allowing you to obtain the most from your workout without getting injured.



FORT BLISS PERSONAL TRAINING



Personal Trainer & Nutrition Consulting Services Price List:

Single Sessions:

- 1 session \$40
- 3 sessions \$99
- 5 sessions \$150
- 10 sessions \$280
- 12 sessions \$320

Group Training for 2:

- 3 sessions \$160 (\$80 per person)
 - 6 sessions \$300 (\$150 per person)
 - 12 sessions \$500 (\$250 per person)
- (All sessions are 1 hour)

Nutrition Consulting/Coaching

\$60 = 4 X 15 minute sessions

\$40 (if adding to any personal training package)

Body Composition Test

\$10: Using the InBody 230 Bioelectrical Impedance Analysis (BIA), accurate to +/- 2.0% of a DEXA which is the gold standard in body composition testing.

Our personal trainers can help you:

- Set and attain realistic goals
 - Get in shape
 - Lose weight
 - Bulk up
- Add body definition
- Improve your athletic performance
 - And much more ...

Our personal trainers are coaches, role models, educators, and cheerleaders who will customize a program to fit your needs and schedule.

Some people may want to use a trainer several times a week. Others prefer to occasionally check in with a trainer to get feedback. It's all up to you!

Contact the Fort Bliss Group Fitness Director for more info call 915-744-5790, 915-744-5800.

facebook.com/fortblissfitness

We look forward to working with you!

