



WHAT TO EXPECT:

- ▣ First session may take up to 1½ hours. Please address all health issues, goals and expectations for a more personalized workout program.
- ▣ Initial assessments include: computerized Microfit or manual testing of height/weight measurements, body composition, blood pressure, cardiovascular and strength and flexibility test.
- ▣ Wear comfortable workout clothes (shirts, shorts, tennis shoes, etc.). Water fountain and workout towels are available.
- ▣ This is a commitment to yourself and our trainers. 24-hour cancellation notice is required.

FEES:

Initial Session.....\$35*
 One 1-hour Session.....\$30
 Six 1-hour Sessions.....\$165
 Ten 1-hour Sessions.....\$250
 Semi-Private 1-hour Session....\$20 each
 (with two people)
 1-hour Group Session.....\$15 each
 (with three to four people)

**Initial session may take up to 1½ hours.*



www.greatlifehawaii.com

BLOCH ARENA at Pearl Harbor



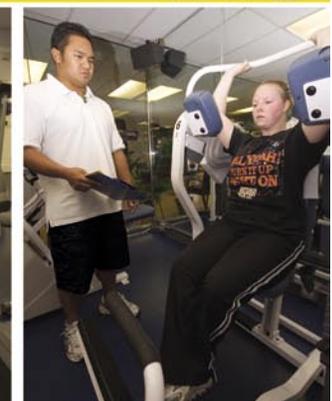
808-473-0793



PERSONAL TRAINING



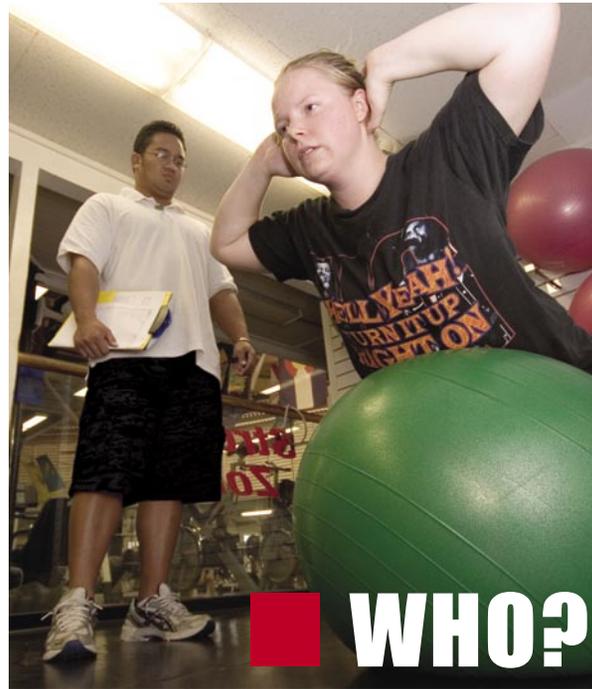
NAVY MWR FITNESS 



PERSONAL TRAINING

■ WHAT?

Personal trainers are certified professionals who work one-on-one with clients to help them achieve their goals. Our personal trainers will tailor a fitness program that is specific to you by incorporating your time schedule, level of fitness and exercise goals.



■ WHO?

- Newcomers and first-time users new to a fitness center (offers a great individual orientation to learn how to operate equipment).
- Regular users looking to refresh or re-energize their workout.
- Athletes needing specific workout regiments to enhance their sport.
- Older adults looking for modified workouts.
- Pregnant women wanting to get in shape either before or after the baby arrives.
- ANYONE ready to begin working out and living healthy!
- Open to all authorized patrons with military I.D.

■ WHY?

- Increase Bone Density
- Increase Metabolism
- Increase Digestive Speed
- Increase Balance, Body Awareness, Coordination
- Increase Lean Body Mass
- Improve Sports Performance
- Improve Self-Confidence, Self-Esteem, Body Image
- Reduce Blood Pressure
- Reduce Arthritic Pain
- Reduce Cholesterol
- Reduce Fatigue
- Reduce Injuries
- Aids in Rehabilitation of Injuries
- Increase Physical and Mental Well-Being

■ HOW?

- Call or visit Bloch Arena (473-0793).
- Complete the health questionnaire and Par-Q forms.
- Register on the wait list at the Front Desk.
- Be flexible with your time availability, so that you can quickly begin personal training. We will try our best to meet your needs.
- A trainer will contact you as soon as they have an opening in their schedule (5-10 days).



■ WHEN?

■ TODAY!

What are you waiting for?