



# Personal Trainers Available

## Benefits of Personal Training

1. **Motivation** – Personal Trainers provide structure and accountability. They can also make your workouts more fun!
2. **Individualized program** – If you have any health conditions or specific training goals, a trainer will work with you to plan a safe and effective program that enables you to reach your goals.
3. **Efficiency** – A trainer can help you stop wasting time doing inefficient work outs. Get maximum results in minimum time!
4. **Learn how to exercise** – Are you new to exercise? A trainer can introduce you to a simple and effective routine so that you will gain the knowledge to decide what works for you.
5. **Break through a plateau** – If you are stuck in the same routine and want to break out of a rut, a personal trainer is a perfect solution to jump start your routine and your motivation.
6. **Work out safely** – A trainer will watch your form and provide feedback about your limits and strengths and will push you or slow you down as necessary.
7. **Lose Weight** – Personal Trainers can teach you a more efficient and effective way to lose weight and get into shape!

- Please register at the Fitness and Sports Office in the Drill Hall at least 48 hours prior to your first session.
- All purchased sessions must be used within 4 months of purchase.
- Eligibility: All Patrons eligible to use the Drill Hall

### Prices per one hour session

- **FREE for Active/Reserve Military**
- **\$15 for A/D Dependents, retirees and their dependents**
- **\$25 for all other Drill Hall eligible customers**



For more information, contact the Fitness & Sports Office at 301-757-3943 or Kerry Davis (301) 995-3869

