

NASWI

PERSONAL TRAINING

Let our fitness instructors tailor a personal program to fit your specific needs. We begin with a baseline assessment and work with you to create a customized program to suit your level of fitness and exercise goals.

Personal training is provided free to Active Duty*.

Active Duty Dependents, Retirees, Retiree Dependents and DoD Civilians will follow the fee schedule as follows:

OPTION 1: \$30

Includes an elite fitness assessment with a certified personal trainer.

OPTION 2: \$90

Includes fitness assessment & 3 one-on-one personal training sessions.

OPTION 3: \$180

Includes fitness assessment & 6 one-on-one personal training sessions.

Limit 6 sessions per client.

*Certain restrictions, including time limitations, apply. Priority in scheduling given to FEP members and Active Duty military for PFA requirements.

FOR AN APPOINTMENT, CALL 360.257.2433/6936/9018.

 navylifepnw.com

