

PERSONAL FITNESS TRAINING

FitZone, Capodichino and Fitness Forum, Support Site



SMART START FITNESS Package

One fitness assessment and one personal training session is a smart start! Combine two great offerings and get the information needed to plan a quality workout! Get one-on-one individualized attention and instruction specifically designed for you and your body!

\$60



INDIVIDUAL Training

Get one-on-one individualized attention, instruction and training designed for you and your body.

- One one-hour training session - **\$45**
- Five one-hour training sessions - **\$200**
- Ten one-hour training sessions - **\$400**



PARTNER Training

Two people, one trainer. Get personalized attention at a lower cost, and stay motivated by exercising with a friend!

- Four sessions - **\$120** per person
- Eight sessions - **\$232** per person
- 12 sessions - **\$336** per person



EXPRESS Training

Recommended for an experienced person who is looking for a 30-minute workout with a trainer.

- Four sessions - **\$96**
- Eight sessions - **\$188**
- 12 sessions - **\$270**

For more information, please call
Fitness Forum, Support Site, 081-811-6604 or DSN 629-6604
FitZone, Capodichino, 081-568-4266 or DSN 626-4266