

# 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.

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

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

#### **OPTION 1: \$30**

Includes an elite fitness assessment with a certified personal trainer.

#### **OPTION 2: \$90**

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

#### **OPTION 3: \$180**

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

Please limit 6 sessions per client.

For an appointment, call 360.257.2433/6936/9018/6428