



Personal Fitness Training

At the Fort Monmouth Fitness Center – Reach Your Full Potential

Set Goals – Then Attain Them!

We offer one-on-one consultation, and then design programs for:

- Strength Building
- Endurance
- Flexibility
- Balance
- Weight Loss

We'll put together a health and fitness program that's right for you.



<u>Fees:</u>	<u>Active Duty & Reserve Military</u>	<u>Active Duty & Reserve Military Family</u>	<u>Military Retired, DOD Civilian, Contractors & Family</u>
Assessment:	1 st time - Waived, (*\$15)	1 st time Waived, (*\$15)	\$25
Single Session:	1 st time - Waived, (*\$15)	\$15	\$40
Five Sessions:	1 st time - Waived, (*25)	\$25	\$100

(Waived Fees apply once, after that payment required *)

60 minute training sessions

Family = Immediate Family-Spouse, Children

24 hour cancellation policy per appointment

Training provided by certified personal fitness trainer

Effective April 6th, 2009



By Appointment Only – Interested in Learning More?
Call **732-532-3275** or visit the Fort Monmouth Fitness Center