

OUR TRAINERS

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FOR MORE INFORMATION

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www.Facebook.com/WiesbadenFMWR

or visit Wiesbaden Sports & Fitness Center,
Clay Kaserne, Bldg. 1631
DSN 548-9830, CIV 0611-143-548-9830

Personal Trainers

PARTNERS IN HEALTH



WIESBADEN SPORTS & FITNESS CENTER



Personal Training for Every Body

ACHIEVE INDIVIDUAL GOALS

A personal trainer can help you to set and attain realistic fitness goals; get into shape, lose weight, add bulk and definition, improve your athletic performance and much more!

Our personal trainers are coaches, role models and educators as well as cheerleaders. They will customize a fitness program to fit your needs. Start a new fitness lifestyle today!

SERVICES PROVIDED

FITNESS EVALUATION

A fitness evaluation consists of a series of fitness tests to include a cardiovascular, flexibility, muscle strength and endurance screen.

Your personal trainer will ask you about your current state of health, what medications you are using and what current exercise regime you are using. Evaluating these factors will help your personal trainer to best develop an exercise program to suit your needs.

EXERCISE and MACHINE SUPERVISION

Clients receive one-on-one attention to make certain proper form and techniques are followed to ensure you are getting the most out of your workout without getting injured.

PERSONALIZED TRAINING PROGRAMS

A unique fitness program will be designed for you. There is no "one size fits all" approach.

PRICING

Individual Sessions

One on one sessions give you the special attention you need to achieve your fitness goals. Each session is 1 hour in length.

1 Session.....	\$45	(\$45 ea.)
5 Sessions.....	\$200	(\$40 ea.)
10 Sessions.....	\$300	(\$30 ea.)

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