

## PRICING

### Individual Sessions

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

1 Session	\$50	\$50/each
5 Sessions	\$225	\$45/each
10 Sessions	\$400	\$40/each

### Group Sessions (2-4 people)

Sessions are one hour in length for group training.

5 Sessions	\$140 per person (\$28 per session)
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### Sports Nutrition Sessions

Approximately one-hour in length. Teaching effective ways to improve health, optimize performance and manage weight through dietary practices, exercise and use of vitamins/minerals/supplements.

1 Session	\$50
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## TRAINERS

For a current list of trainers and to schedule, please contact the front desk at the Wiesbaden Sports & Fitness Center.

# Personal TRAINING

Partners in Health



[wiesbaden.armymwr.com](http://wiesbaden.armymwr.com)

## 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 & 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.

## CONTACT

Wiesbaden Sports & Fitness Center  
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