



FORT BLISS PERSONAL TRAINING



Our personal trainers can help you:

- Set and attain realistic goals
- Get in shape
- Lose weight
- Bulk up
- Add definition
- Improve your athletic performance
- And much more ...

Our personal trainers are coaches, role models, educators and cheerleaders who will customize a program to fit your needs and schedule. Some people may want to use a trainer several times a week. Others prefer to occasionally check in with a trainer to get feedback. It's all up to you!

Body Composition Test - \$10

Using the InBody 230 Bioelectrical Impedance Analysis (BIA), accurate to +/- 2.0% of a DEXA which is the gold standard in body composition testing.

Personal trainers will provide you with:

•A fitness evaluation

This is a series of tests - including cardiovascular flexibility, muscle strength and endurance - to see what kind of shape you are in. Your trainer will ask about your health conditions, medications and exercise experience.

•A personalized exercise program

This program is designed specifically for you. There is no one-size-fits-all approach.

•Supervised exercise

You are given one-on-one attention to make certain you are using proper form and techniques allowing you to obtain the most from your workout without getting injured.

For more information call:

915-744-5800

facebook.com/teamblissports



Personal Trainer & Nutrition Consulting Services

Price List

Single Sessions:

1 session \$35

3 sessions \$87

5 sessions \$135

10 sessions \$250

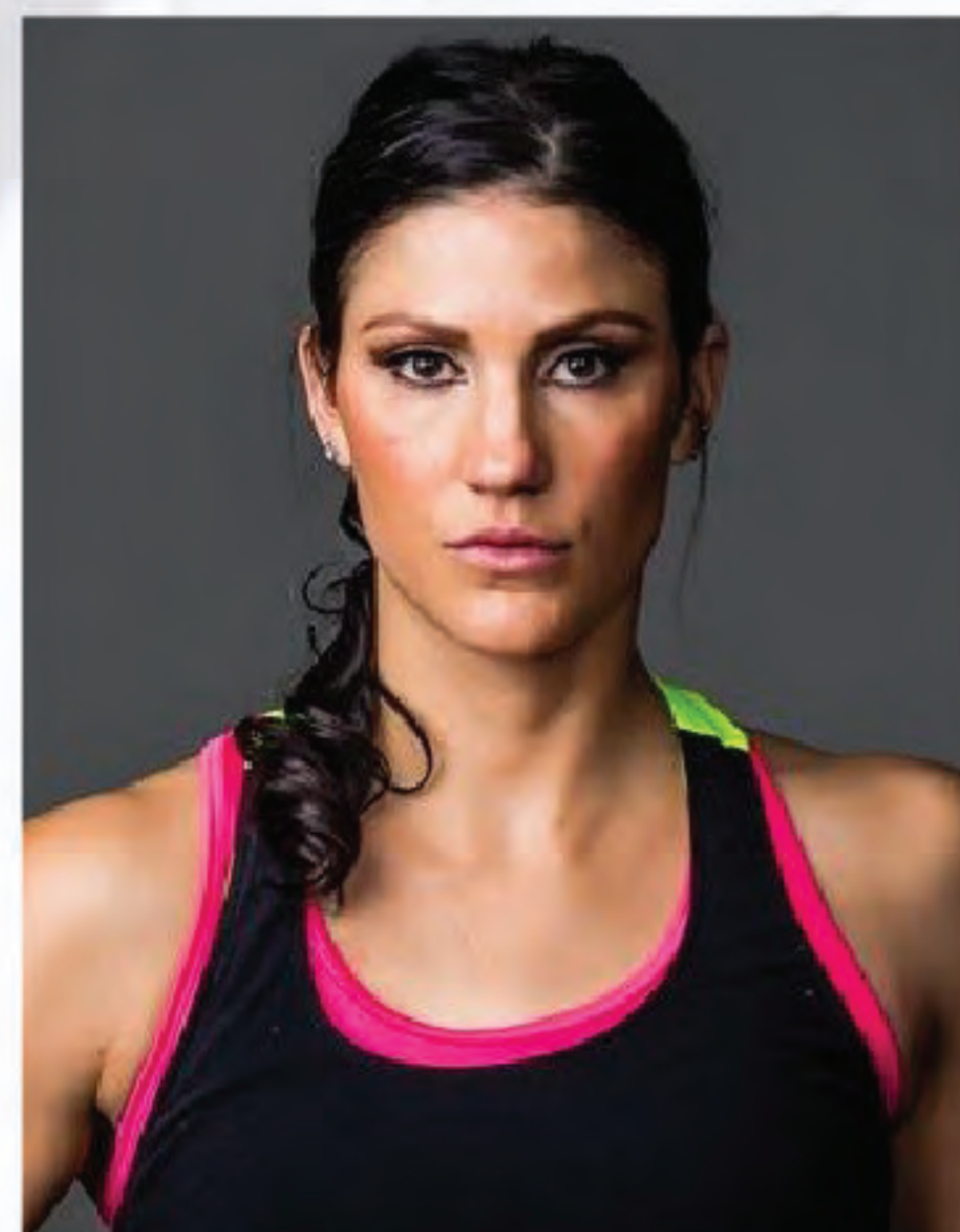
Group Training for 2:

1 session \$60 (\$30 per person)

5 sessions \$250 (\$125 per person)

10 sessions \$460 (\$230 per person)

(All sessions are 1 hour)



Caroline M. Parris

Certifications:

NSCA Certified Personal Training, AFAA Group X Instructor, Keiser Indoor Cycling, Gravity Total Gym, TRX, Kettlebell Level II, IFTA Water Aerobics Instructor, Weight Management Leadership (Cooper Institute) and Lifestyle Management Coach Training Certification.

Contact Info:

Phone: 210-793-8557

Contact Fort Bliss Group Fitness Director for more info at 915-744-5800 or fortblissfitness@gmail.com

We look forward to working with you!

