



get slimmer and trimmer with our **personal trainers**



Initial Assessment & 1st Training Session - \$70

Includes a 60 minute session covering blood pressure, body composition, strength & flexibility analysis. After your assessment, your trainer will set up a workout program to meet your needs and conduct your first training session.

Individual Session Fees

Single Session - \$35

5 Session Package - \$150 (Save \$25)

10 Session Package - \$250 (Save \$100)

Body Fat Test or Consult - \$10

“Training Buddy” Package Fees

Prices are per person, up to a 4 person group

5 Session Package - \$125 (Save \$50)

10 Session Package - \$200 (Save \$150)

Sessions are 1 hour in length and may include cardiovascular exercise, strength training, flexibility or exercise counseling. All appointments must be scheduled thru the Fitness Center staff and must be paid for in advance.



Hohenfels Post Gym, Bldg. 88 | DSN 466-2883, CIV 09472-83-2883 | www.hohenfels.armymwr.com

FOR SOLDIERS

FOR FAMILIES

FOR RETIREES

FOR CIVILIANS