

# Personal Training Options



Personal trainers provide tools, education, support and accountability to reach your goals!

## Fitness Assessment\*

All training starts with our 30-minute fitness assessment with two follow-up sessions. Trainer provides a personalized workout plan and coaches you through it. \$60

## Personalized Training\*

**One-hour sessions:**  
Five sessions for \$200  
**30-minute sessions:**  
Four sessions for \$96

## Workout with a Friend\*

One-hour sessions:  
**Four sessions**  
\$120 per person  
**Eight sessions**  
\$232 per person  
**12 sessions**  
\$336 per person


**\*Free personal training sessions available for active-duty military.**



To schedule personal training, complete the form at the Fitness Center desk. For information, email [MWR\\_FITNESS@eu.navy.mil](mailto:MWR_FITNESS@eu.navy.mil) or call Support Site Fitness Forum at 081-811-4266 / DSN 626-4266 or Capodichino Fit Zone at 081-568-6604 / DSN 629-6604.



Scan here for the current group fitness class schedule.

Connect with MWR 24/7,  
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