



**FREE**

# PERSONAL TRAINING

**MWR-FITNESS DIVISION**

## WHAT TO EXPECT

- ▶ First assessment session may take 30 minutes to 2 hours. Please address all health issues, goals and expectations for a more personalized workout program.
- ▶ Initial assessments may include: manual testing of height/weight measurements, body composition, blood pressure, cardiovascular, strength and flexibility test.
- ▶ Wear comfortable workout clothes (shirts, shorts, tennis shoes, etc.). Water fountain and workout towels are available.
- ▶ This is a commitment to yourself and our trainers. 24-hour cancellation notice is required.

### PERSONAL TRAINING RATES (EFFECTIVE FEB 1, 2017)

Initial Session	\$45
One 1-Hour Session	\$40
Six 1-Hour Sessions	\$225
Ten 1-Hour Sessions	\$350
Semi-Private 1-Hour Session <i>(with two people)</i>	\$30 each
1-Hour Group Session <i>(with three to four people)</i>	\$25 each

\*Initial session may take up to 2 hours.



Visit us at: [www.greatlifehawaii.com](http://www.greatlifehawaii.com)  
or **“Like”** us on Facebook!

**JBPHH FITNESS CENTER**  
808-471-2019

**HICKAM FITNESS CENTER**  
808-448-2214



# WHY?

# HOW?



- ✔ Increase Bone Density
- ✔ Increase Metabolism
- ✔ Increase Digestive Speed
- ✔ Increase Balance, Body Awareness, Coordination
- ✔ Increase Lean Body Mass
- ✔ Improve Sports Performance
- ✔ Improve Self-Confidence, Self-Esteem, Body Image
- ✔ Reduce Blood Pressure
- ✔ Reduce Arthritic Pain
- ✔ Reduce Cholesterol
- ✔ Reduce Fatigue
- ✔ Reduce Injuries
- ✔ Aids in Rehabilitation of Injuries
- ✔ Increase Physical and Mental Well-Being

Call or visit JBPHH Fitness Center (471-2019) or Hickam Fitness Center (448-2214). Complete the health questionnaire and Par-Q forms. Register on the wait list at the Front Desk. Be flexible with your time availability, so that you can quickly begin personal training. A trainer will contact you in 3 - 5 business days, or when available.

# WHAT?

**Personal trainers** are certified professionals who work one-on-one with clients to help them achieve their goals. **Our personal trainers** will tailor a fitness program that is **specific to you** by incorporating **your time schedule, level of fitness and exercise goals.**



# WHEN? TODAY!

# WHO?

- ✔ Newcomers and first-time users new to a fitness center (*offers a great individual orientation to learn how to operate equipment*).
- ✔ Regular users looking to refresh or re-energize their workout.
- ✔ Athletes needing a specific workout regimen to enhance their sport.
- ✔ Older adults looking for modified workouts.
- ✔ Pregnant women wanting to get in shape either before or after their baby arrives.
- ✔ ANYONE ready to begin working out and living healthy!
- ✔ Open to all authorized patrons with military I.D.

# CALL NOW!

The sooner you call, the faster you'll be on your way to reaching your fitness goals.