

# Personal Training

- **Nationally Accredited Certified Personal Trainers**
- **Individual 1-hour single session – \$30**
- **Individual 1-hour six sessions – \$165**
- **Individual 1-hour 10 sessions – \$250**
- **Services available to family members,  
DoD civilians and retirees**



*Semper Fit Center*  
**K-Bay 254-7597**  
**Camp Smith 477-5197**

