

GROUP PERSONAL TRAINING PROGRAM



GET FIT TOGETHER!

SMALL GROUPS WITHIN DIFFERENT FITNESS LEVELS * WILL BE INTRODUCED TO NEW EXERCISES TO DEVELOP A GREATER FITNESS FOUNDATION AND ADVANCE TO DIFFERENT LEVELS.

**GROUPS OF 2-3 | PERSONAL TRAINER LED
30-MINUTE SESSIONS | 1-2 SESSIONS PER WEEK**

**Beginner, Intermediate & Advanced*

**For More Information
WNY Fitness Center, Bldg. 22
202-433-2829/2282**

www.cnic.navy.mil/nsawfitness

