

Bell Gym Personal Training Program

What is it?

Personal Training is a custom-designed workout program for individuals that want to improve their physical fitness, health and well-being. The personal trainer will tailor the program to meet any athletic or competitive goal. Both male and female trainers on staff.

What does it include?

Multiple sessions include the following: body fat testing using bioelectric impedance analysis (BIA), strength and endurance testing, technique analysis and correction, work-out programming, nutritional recommendations, 3-minute step test, flexibility test, blood pressure check, and heart rate check.

What do I bring?

All equipment is provided. Wear comfortable work-out clothes, proper foot wear, a positive attitude, and a willingness to work hard.

When and how long?

Training sessions last 30-50 minutes, one, two or three time per week.

What a Personal Trainer can do for you:

- **Assess physical condition and track changes**
- **Set and accomplish goals**
- **Recommend nutritional guidance and teach better eating habits**
- **Teach proper strength training techniques**
- **Improve endurance**
- **Find motivation**
- **Improve your appearance**
- **Help you feel better**
- **Improve your overall health**
- **Gain muscle and lose fat**

How much is it?

| Per Session | Active Duty | Dependent | Civilian |
|-------------|-------------|-----------|----------|
| 1 | \$7 | \$10 | \$15 |
| 3 | \$14 | \$25 | \$35 |
| 12 | \$70 | \$85 | \$140 |
| 36 | \$160 | \$200 | \$320 |

For more information, contact Janet Bowe at 678-3374 or email wsmrsports@us.army.mil



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