

# WE OFFER

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FITNESS CLASSES  
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AND MORE!

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# SPORTS FITNESS AND AQUATICS

PERSONAL TRAINING



SPORTS • FITNESS • AQUATICS

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Information is subject to change.

Join our Fitness Group on Facebook!  
<https://facebook.com/groups/HumphreysMWRFitness>



# CHELSEA MOORAR

ISSA CERTIFIED PERSONAL TRAINER



# PERSONAL TRAINING

## WHAT IS A PERSONAL TRAINER AND WHY WOULD I NEED ONE?

A personal trainer helps to create a one-on-one fitness program for you. They help by not only creating specific plans but they're also there to help motivate you and guide you towards achieving your health and wellness goals. If you're looking to lose weight, gain muscle, or learn about the equipment, our personal trainers will teach you and help you to exercise properly using workouts and specific plans.

## WHAT WE OFFER

- 1 SESSION (60 MIN) - \$50
- 5-PACK SPECIAL - \$240
- 10-PACK SPECIAL - \$475



**\$25**  
**INITIAL**  
**CONSULTATION**

## CHELSEA MOOAR

Chelsea has been in the fitness industry for seven years. She's learned different styles of training over the years, but her favorite style is Bodybuilding. After competing in 2022 and placing, she decided to get her Personal Training certification so she could help others reach their full potential in their fitness goals.

She specializes in weight loss, muscle growth and helps prepare service members for their ACFT. Although she loves to train in-person, she can certainly help with providing individual programming alongside on-site training.

She is excited to start working with you today!