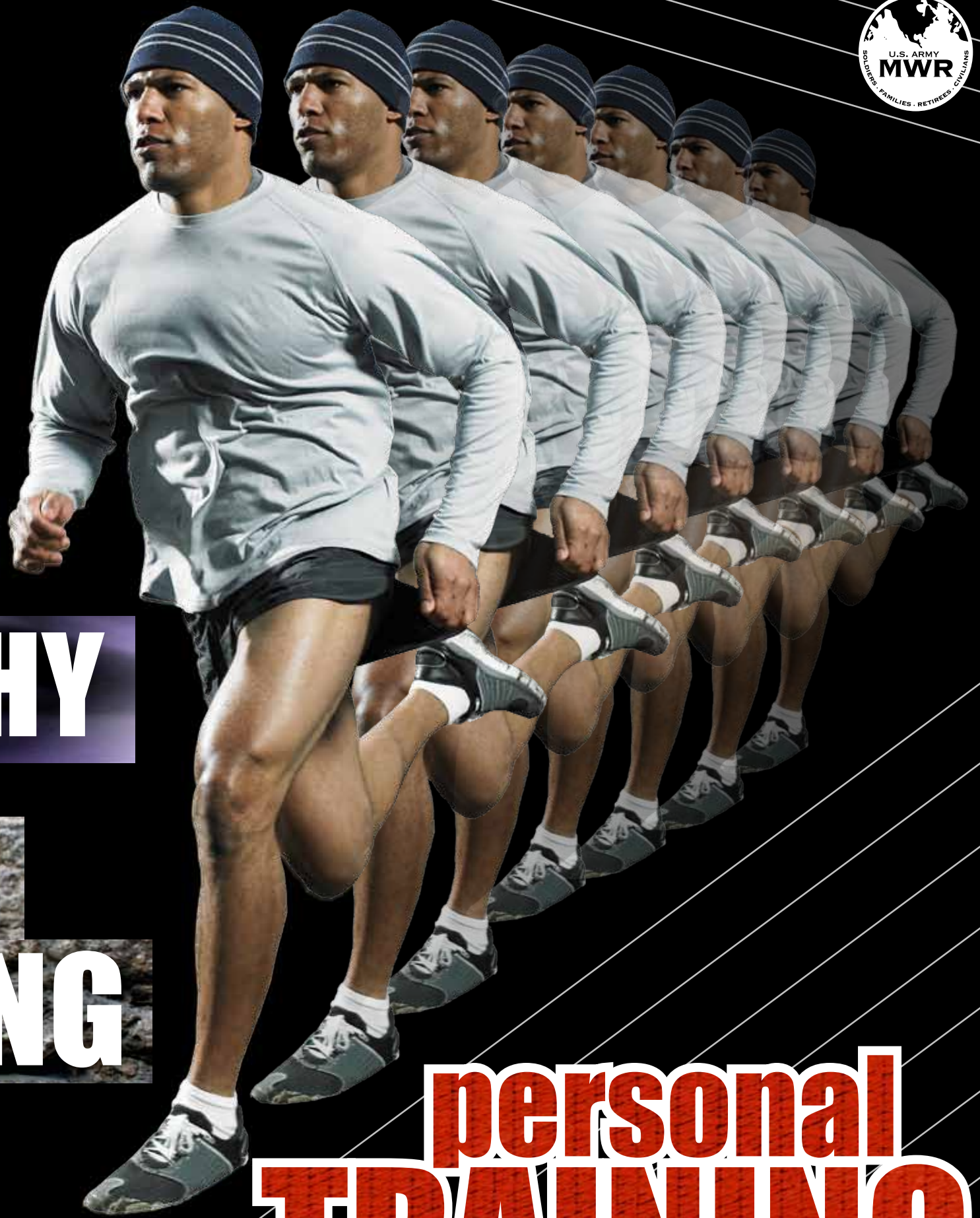




**get  
FIT**

**be  
HEALTHY**

**stay  
STRONG**



**personal  
TRAINING**

**fitness for EVERYONE**

**FAST FORWARD TO A NEW & IMPROVED YOU**

**Micro-fit detailed fitness assessment \$50**

**1 hour session with trainer-program with instruction \$70**

**Body fat analysis, health screening measurements, proscriptive program writing, 8 one-on-one training sessions \$520**

**Body fat analysis, health screening, measurements, proscriptive writing, 12 one-on-one training sessions \$720**

**belvoirMWR.com | Graves Fitness Center: 703-806-5368**

