



**PHYSICAL FITNESS CENTER  
TOWER BARRACKS**  
B170 GETTYSBURG AVENUE  
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[GRAFENWOEHR.ARMYMWR.COM](http://GRAFENWOEHR.ARMYMWR.COM)

USAG BAVARIA SPORTS & FITNESS  
**PERSONAL  
TRAINING SERVICES**



**U.S. ARMY  
MWR**  
USAG BAVARIA

## ONE-ON-ONE PERSONAL TRAINING PACKAGE

Whether your goal is to lose fat, tone or build muscle, sculpt your physique, get stronger, improve stamina or improve your overall health. A Certified Personal Trainer will create a dynamic exercise program based on your personal goals and fitness level. Certified Personal Trainers combine high intensity workouts with the motivation you need to reach your goals and maintain long-term results.

ONE-ON-ONE			
PACKAGE	SESSIONS	SOLDIER	CIVILIAN/FAMILY
Starter	4	\$100	\$120
Results	6	\$145	\$175
Serious Results	8	\$190	\$230
Ultimate Results	12	\$280	\$300

Sessions are 60 minutes. Fitness Assessment included in 6, 8 and 12 session packages.

## FITNESS ASSESSMENT (\$30)

Understanding your specific body composition, metabolism and fitness level allows us to customize a program that will get you the results you want. A Personal Trainer will perform a fitness assessment and calculate your unique resting metabolic rate to establish calorie composition and expenditure required to meet your goals. The Comprehensive Fitness Assessment includes blood pressure screening, body composition assessment, flexibility test, cardiovascular endurance analysis, muscular endurance and strength tests. The Personal Trainer will also conduct an analysis of health history, exercise history and fitness goals.



## USAG BAVARIA CERTIFIED PERSONAL TRAINERS



### JESSICA MONTOYA

#### EDUCATION

B.S. in Health and Wellness – University of New Mexico

#### CREDENTIALS

ACE Certified Personal Trainer, CrossFit Level 1 Trainer, CrossFit Kids Trainer, CrossFit Specialty Courses in: Aerobic Capacity, TRX Rip Training Foundations, Master Fitness Trainer, Heartsaver CPR AED, ARC Adult & Pediatric First Aid/CPR/AED

#### BIO

I realized my passion for fitness after joining the Army. Throughout 16 years of service, I have led and managed several military fitness and body composition programs. In addition, I have competed in marathons and various Crossfit/functional 1 fitness competitions. I enjoy competition and pushing to become increasingly stronger, not only physically, but mentally. One of my greatest joys in life is helping people achieve things they never thought possible.

#### PHILOSOPHY

I try to help clients achieve a balanced lifestyle that encompasses all dimensions of health & wellness. With an extensive background in coaching, I try to create a training environment that not only motivates but also empowers individuals to continually challenge themselves in a fun and rewarding way. Together we transform your quality of life through active participation in regular fitness activities and the integration of guided personalized fitness programs, to make your health goals become a reality.



### KATIE UNGER

#### EDUCATION

BS Kinesiology: Exercise Science - University of North Texas

#### CERTIFICATIONS

Certified Emergency Medical Technician, CPR/AED Certified

#### PRIMARY FOCUS

Sports Performance, Weight loss, Muscle Development, Toning and Sculpting, Endurance Training, Injury Prevention and Rehabilitation.

#### BIO

I love inspiring people to be active and live a healthy lifestyle. I am a committed fitness professional dedicated to providing high quality training to individuals of all fitness levels. I have been involved in fitness and athletics since childhood and was fortunate to compete in softball as a D1 collegiate athlete. I want to help motivate and push individuals out of their comfort zone so that they can achieve optimal results at their desired fitness level. My goal is to apply my experience and knowledge to help others to better their lives through health and fitness.