

EFFECTIVE JULY 1, 2019

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



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

# ONE-ON-ONE PERSONAL TRAINING PACKAGE

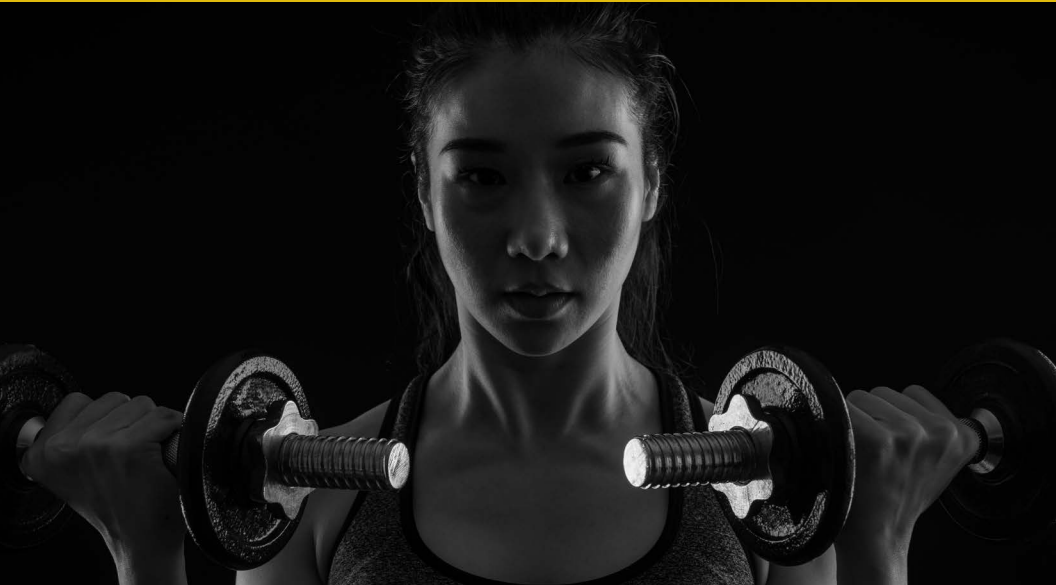
Whether your goal is to lose fat, tone or build muscle, sculpt your physique, get stronger, improve stamina or improve your overall health. A Certified Personal Trainer will create a dynamic exercise program based on your personal goals and fitness level. Certified Personal Trainers combine high intensity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

SESSIONS		SESSIONS	
4	\$200	8	\$300
5	\$230	10	\$340
6	\$260	12	\$380

*Sessions are 60 minutes. Fitness Assessments included in packages.*

## FITNESS ASSESSMENT (\$40)

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 TRAINER**



### **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.



**PHYSICAL FITNESS CENTER  
TOWER BARRACKS**

B170 GETTYSBURG AVENUE  
DSN 475-9007 • CIV 09641-83-9007  
[GRAFENWOEHR.ARMYMWR.COM](http://GRAFENWOEHR.ARMYMWR.COM)