



Gaffney Fitness Center

PERSONAL TRAINING SERVICES

**Open to everyone;
all ranks & all services,
Military and civilian!**



PACKAGES & PRICES

Personal Training Fees

Thirty minute session: \$25.

Sixty minute session: \$35

Four - Sixty minute sessions: \$130.

Eight - Sixty minute sessions: \$250.

Twelve - Sixty minute sessions: \$350.

Interested clients will be contacted by the personal trainers directly; to schedule a consultation, to determine the client's fitness goals, and to determine which package works best.

Training sessions will be scheduled directly between the personal trainer and the client in order to best accommodate all schedules.

For further details and to register; please call Gaffney Fitness Center; 301-677-3716



**Meet
Natalie**

Certifications:

- Certified Personal Trainer;
American Council on Exercise
- Certified Group Fitness Instructor;
American Council on Exercise
- Fitness Nutrition Specialist;
American Council on Exercise
- TRX Force Operator Course
- High Intensity Tactical Training Certification

Specialties:

- Functional Fitness Training
- Circuit and Interval Training

CONTACT INFORMATION:

Email: nbivens21@gmail.com

TRAINING PHILOSOPHY:

I truly believe that a well-rounded fitness routine is essential in making exercise a lifelong habit. Strength training, cardiovascular training, interval training, plyometrics, speed and agility, and balance and coordination exercises can all be implemented into a fitness routine to keep exercise engaging and effective. These types of exercises can be tailored to fit the needs of any individual.

Health and fitness is my passion. I enjoy a variety of activities such as kettlebell training, HIIT training, running, and biking. I am currently continuing my education in the health and fitness industry by studying to become a Health Coach so that I can better educate others to make beneficial and lasting changes in their lives.

For details, go online to www.meade.armymwr.com