

GET INTO THE BEST SHAPE OF YOUR LIFE WITH NWPT!



## PACKAGE I

1X EACH WEEK WITH  
YOUR OWN TRAINER

**COST \$330**

## PACKAGE II

2X EACH WEEK WITH  
YOUR OWN TRAINER

**COST \$660**

## PACKAGE III

3X EACH WEEK WITH  
YOUR OWN TRAINER

**COST \$990**

**PLUS 4-WEEKS OF GROUP TRAINING (\$200 VALUE)**

**ALL PROGRAMS OFFER 6 WEEKS OF FOCUSED  
TRAINING & 1 HOUR SESSIONS!**

**(1/2 HOUR INDEPENDENT CARDIO & 1/2 HOUR MUSCLE-  
CONDITIONING WITH YOUR PRIVATE TRAINER)**

**OFFER AVAILABLE FOR BOTH IN-PERSON AND VIRTUAL  
SESSIONS. WE ARE READY TO HELP YOU ACHIEVE YOUR  
HEALTH AND FITNESS GOALS. EXERCISE IS MEDICINE  
AND YOU DESERVE TO FEEL YOUR BEST!**



**TO LEARN MORE OR SIGN UP  
CALL 360.574.7292!**

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info@nwpersonaltraining.com



**Northwest PERSONAL TRAINING**  
NWPpersonaltraining.com