

GET INTO THE BEST SHAPE OF YOUR LIFE WITH NWPT!

January JUMPSTART



PACKAGE I

1X EACH WEEK WITH
YOUR OWN TRAINER

COST \$300

PACKAGE II

2X EACH WEEK WITH
YOUR OWN TRAINER

COST \$600

PACKAGE III

3X EACH WEEK WITH
YOUR OWN TRAINER

COST \$900

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!**

info@nwpersonaltraining.com

1011 Broadway



Northwest
PERSONAL TRAINING
NWPpersonaltraining.com