

GET INTO THE BEST SHAPE OF YOUR LIFE WITH NWPT!

Spring Into Fitness

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!

1011 Broadway
info@nwpersonaltraining.com



Northwest
PERSONAL TRAINING
NWPpersonalTraining.com

