

PERSONAL TRAINING PROGRAM



STAY HEALTHY • STAY FIT • STAY NAVY

Stop by the Naval Medical Center
San Diego Fitness
Center in Bldg. 26
See reverse side for details

PERSONAL TRAINING PROGRAM

MWR offers one-on-one or dual personal training, plus Microfit Assessments. Stop by the Fitness Center in Bldg. 26, pay for the service, then call our trainers with your receipt number to secure your appointment.

This is a fee-based program.

Certified Personal Trainers

Hank Sullivan – MS in Edu, Certificate in Fitness Instruction/Exercise Science UCSD, Certified Personal Trainer, American Council on Exercise. An ASYMCA volunteer at NMCSD, who is dedicated to assisting others in attaining a high quality of life through fitness.

Krizia Peraza - American Council on Exercise Certified Personal Trainer and Navy Command Fitness Leader Instructor. Krizia instructs Zumba classes specializing in step training, toning, seniors and children. She is Group Exercise Certified through the Aerobics and Fitness Association of America

Edward Pryor – BS in Kinesiology, Exercise Science and Human Performance, Cal Poly Pomona. Certified Personal Trainer, AFAA. Edward has worked with all populations and specializes in sports and human performance. He has played sports for 16 years, has 4 years of coaching experience and currently coaches baseball at a local high school.

Marcia Kitson-Jones – Marcia earned a BA in Exercise Physiology from Westmont College and is a member of the Aerobics and Fitness Association of America. She has many years of experience teaching yoga, pilates, core and H2O group exercise classes as well as personal training. Her passion is to empower and inspire others toward a healthier body, mind and spirit.

Jefferson Paine – NASM-CPT (National Academy of Sports Medicine). Jefferson is currently a student at San Diego State University majoring in Kinesiology, emphasis of Fitness Specialist. With a projected graduation date of May 2015, he is gaining experience working in all fields including rehabilitation, strength training, functional training, sports performance and bodybuilding. In addition to training, Jefferson also has a very strong passion for nutrition. He likes fitness because the same concepts of motivation, determination, sacrifice, and hard work, not only apply when training for sport or competition; they are useful in an everyday approach to life.

For more information:

Personal Training Office • 619-532-8173
MWR Fitness Center, Bldg. 26 • 619-532-7260
MWR Fitness Manager • 619-532-7495



One hour session:

Active duty.....\$25
All others\$30

One hour, 10 session package:

Active duty.....\$200 (\$20/hour)
All others\$250 (\$25/hour)

One hour, 20 session package:

Active duty.....\$360 (\$18/hour)
All others\$460 (\$23/hour)

Dual session (2 people):

Active duty.....\$20/person
All others\$25/person

Note: \$5 rescheduling fee for second reschedule.

