

SEMPER FIT PRESENTS

TEEN FITNESS PROGRAM

★ FREE ORIENTATION ★

This Semper Fit Center orientation provides teens with the opportunity to learn and appreciate the benefits of regular exercise.

At the conclusion of this program, a "TEEN CARD" will be issued.

This card can be used at all of the Semper Fit gyms here at MCAS Miramar.



PERSONAL TRAINING PACKAGES

We are also available for individual fitness sessions. Our fitness specialist can develop an exercise program that your teen can follow on their own. The fee is \$50.00 for three sessions.



For more information, please contact
the Semper Fit Center at,
(858) 307-4654 / 4674