

NAVAL BASE KITSAP SPORTS, FITNESS & AQUATICS

Services Offered:

- One-on-One Personal Training
- Small-Group Training for You and Your Friends
- Functional Movement Screening (FMS)
- Nutrition Counseling, Weight Control and Lifestyle Changes
- Equipment Orientation
- Mobility and Flexibility Training
- Body Fat Calculations
- Personalized Programs for ALL Different Levels of Fitness
- Coaching in Proper Lifting Form and Technique
- Group Exercise Classes

How To Make An Appointment:

Download the Fitness Assessment form on navylifepnw.com, scan the QR code below or pick one up at either Bangor or Bremerton Fitness Center.

Option 1: Bring the Assessment form to the Trainer's workstation of the facility of choice. Speak to a trainer to set up an appointment.

Option 2: Call the Bangor (360-315-2134) or Bremerton (360-476-2231) Fitness Center. Ask to set up an appointment with a Fitness Specialist. They will take your name and number. A Fitness Specialist will call you back within two days. Be sure to bring your assessment packet!



FITNESS AT ITS FINEST



SCAN to DOWNLOAD the
FITNESS ASSESSMENT FORM



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SAFETY FIRST

