



Fitness Centers Program Section Update Instructions

Below are instructions for how and where to plug in installation-specific content into the new Fitness Centers Program section.

Facilities and Equipment Page

[Placeholder for how to populate]

Fitness Classes and Personal Training Page

This page features a lot of opportunities to edit placeholder information and add installation-specific information.

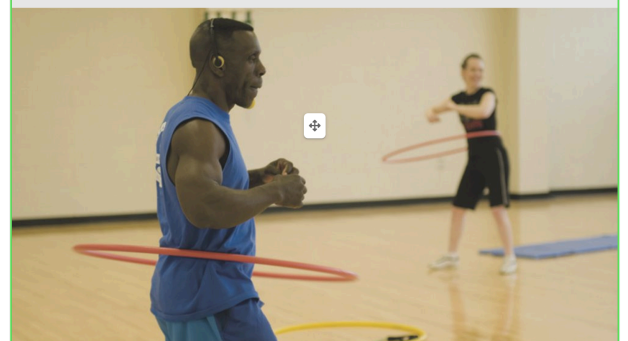
Enhance Your Fitness Journey... Section - This entire section including the Group Fitness and Unit PT and Group Training sections is all editable placeholder information. Please edit it to make sure it reflects your actual offerings at your fitness center(s).

Enhance Your Fitness Journey with Group Training and Classes

Group Fitness

Join a fun and supportive environment with certified instructors leading a range of classes, including:

- Strength and Conditioning. Total body workouts, HIIT, circuit training
- Cardio Workouts. Zumba, spin, kickboxing, step aerobics
- Mind and Body. Yoga, Pilates, stretching and mobility
- Specialized Classes. Boot camps, functional fitness, barre, dance fitness




The “View Fitness Calendar” button below this section is also editable - it currently links to the calendar filtered to “Sports and Fitness” category events.

Personal Training section - this is general information about personal trainers followed by a section that includes Training Package rates and a “Schedule Your Personal Training Today” button. The button goes to the Contact page by default, but the link destination can be edited if desired.



The content before the Training Packages section is centralized content. **If you do not have any personal training options**, let us know and we can delete that centralized personal trainer section for you along with the Training Packages section.

Similarly, **if you have no Personal Training, Group Fitness, OR Unit PT / Group Training available**, let us know via a Help Desk ticket and we can help you hide this page entirely.

Get expert coaching, personalized plans, and real results
Army MWR Fitness Centers offer certified personal trainers to help you achieve your fitness goals through customized training programs.



Why Work With a Personal Trainer?

-  **Personalized Workouts**
Get a fitness plan tailored to your needs
-  **Goal Setting and Tracking**
Stay focused with expert guidance

Training Packages

- » 30-Minute Session – \$30
- » 60-Minute Session – \$40
- » Buddy Session (2 People) – \$50
- » 3-Session Package (60 minutes each) – \$105
- » 6-Session Package (60 minutes each) – \$180

[Schedule Your Personal Training Today](#)

Special Events and Competitions Page

This page is a good spot to add local events at the bottom or the top of the page!

Local Fitness Center Program Content Pages

For each of your local Fitness Centers, create a new program content page using the Program Content (V3) page template referenced in the **General Program Page Update Instructions** and include a photo, list the amenities, and anything else you want users to know about.