

MILITARY FITNESS



Military Fitness...are you ready? Get the inside information on what it takes to be physically and mentally ready to join our military forces.

As a Certified Personal Trainer, Ron Fien will provide the direction and guidance necessary to prepare you for service using a variety of exercises, new tools, time efficiency and most importantly, **RESULTS!** Ron Fien is a retired U.S. Coast Guard Rescue Swimmer with over 25 years of service.

\$17 per assessment for Y Members and Non-Members. Assessment includes FREE membership (for up to three months) for military members awaiting orders to go to Boot

