

# NOURISH YOUR POWER

WELLNESS SUPPORTS AT THE Y

Need a little extra support and guidance to reach your fitness and nutrition goals? Work with one of our certified personal trainers or nutrition coaches! We focus on a backed-by-science approach that is safe, easy-to-follow, and helps you stay motivated. Whatever your goal, our expert team provides plans, coaching and motivation to help you succeed.



✓ Custom plans ✓ Structure & accountability ✓ Variety & progression

## JUMPSTART YOUR GOALS

### TRAINING SESSION COSTS

[All sessions are 1-hour]

#### INDIVIDUAL

4 SESSIONS: \$220  
8 SESSIONS: \$400

#### SMALL GROUP

**2-3 PEOPLE**  
4 SESSIONS: \$125/PERSON  
8 SESSIONS: \$250/PERSON

#### 4-6 PEOPLE

4 SESSIONS: \$100/PERSON  
8 SESSIONS: \$180/PERSON

### EVOLT360 BODY SCANS

[All sessions include scan, results, and consultation with a certified personal trainer]

	MEMBER	COMMUNITY
1 SCAN	\$35	\$40
3 SCANS	\$90	\$105

### TAILORED WORKOUT PLAN

\$75

### EVOLT360

4-session packs include one EVOLT360 Intelligent Body scan!

8-session packs include two EVOLT360 Intelligent Body scans!



### NUTRITION COACHING

#### NUTRITION 101

[All sessions are 30-minutes]

Want help making healthier food choices and gain knowledge behind how important nutrition is? Work with one of our Certified Nutrition Specialists!

**8 SESSIONS: \$160**

#### 7-DAY FOOD JOURNAL ANALYSIS

Meet one-on-one with nutrition specialist to discuss dietary changes you could make towards a healthier lifestyle.

**\$60**

#### A-LA-CARTE HOUR

Work 1-on-1 with one of our Certified Nutrition Specialists to discuss topics of interest for you. Topics could include reducing blood pressure through diet, macro-based eating, plant based nutrition, etc.

**\$60**

INQUIRE & SIGN-UP