

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 MEMBER

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

COMMUNITY

4 SESSIONS: \$295
8 SESSIONS: \$535

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

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



statelineymca.org/power



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