

# 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](https://statelineymca.org/power)



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