



# Health and Wellness

We build strong kids, strong families, strong communities.

Participant Name: \_\_\_\_\_

Trainer Name: \_\_\_\_\_

### Personal Training Options: 1 Hour

- \_\_\_\_\_ \$70 1 Hour Session
- \_\_\_\_\_ \$260 4, 1-Hour Sessions
- \_\_\_\_\_ \$460 8, 1-Hour Sessions
- \_\_\_\_\_ \$660 12, 1-Hour Sessions
- \_\_\_\_\_ \$1200 24, 1-Hour Sessions
- \_\_\_\_\_ \$1620 36, 1 Hour Sessions

### Nutritional Options:

- \_\_\_\_\_ \$50 1/2 Hour Individual Nutritional Consult
- \_\_\_\_\_ \$75 1 Hour Nutritional Consultation\* (Member)
- \_\_\_\_\_ \$110 1 Hour Nutritional Consultation (Non-member)
- \_\_\_\_\_ \$85 1/2 Hour Metabolism Testing
- \_\_\_\_\_ \$130 1 Hour Metabolism Testing w/Meal Plan

### Personal Training Options: 1/2 Hour

- \_\_\_\_\_ \$40 1, 1/2 Hour Session
- \_\_\_\_\_ \$160 4, 1/2 Hour Sessions
- \_\_\_\_\_ \$300 8, 1/2 Hour Sessions
- \_\_\_\_\_ \$420 12, 1/2 Hour Sessions
- \_\_\_\_\_ \$780 24, 1/2 Hour Sessions

### Adult S3 Training: Tuesday/Thursday – 6am/12pm/7pm

\_\_\_\_\_ \$99/month 2x a week/entire month



The **Adult S3** Program is a 1-hour group circuit training that focuses on improving balance, coordination, flexibility, cardiovascular conditioning and muscular strength and endurance.

### Advanced Training Package Options:

- \_\_\_\_\_ \$250pp Partner & Wedding Training
- \_\_\_\_\_ \$795 12 Week Beach Body
- \_\_\_\_\_ \$1250 Improve Your Life
- \_\_\_\_\_ \$1750 Who Will Recognize You?

*\*Additional Information please contact (904) 355.1436.  
Try it today, your first session is FREE!*

### Still unsure if personal training is right for you?

Call our Wellness Coordinator, Natasha Daniels at (904) 355 – 1436 for further information about our personal trainers, availabilities, and training styles that meet your needs.

#### **Partner & Wedding Training:** *16, 1-hour session with 1-hour Nutritional Consultation (recommended 2x's a week for 8 weeks)*

Need some help preparing for that big day? Or maybe you enjoy exercising with your best friend. If this is something that you're looking for, let us help by training you together!

#### **12-Week Beach Body:** *36, Half-hour sessions with weekly Nutritional Consultation (recommended 3x's a week for 12 weeks)*

Beach bodies just don't happen overnight, they take patience and dedication. In just 12 weeks, we can help sculpt your abs and assist your nutritional intake. Our concentration will be on your core, upper and lower body while increasing your cardiovascular endurance.

#### **Improve Your Life:** *52, Half-hour sessions with weekly Nutritional Consultation (recommended 2x's a week for 6 months)*

Worried about your overall health and physical well-being? We can help motivate and support your goal to change your life forever. Upon completion of this program, you will not only improve your overall life, but have the ability to share the healthier habits and give exercise pointers to your family and friends!

#### **Who Will Recognize You?** *52, 1-Hour sessions with weekly Nutritional Consultation (recommended 2x's a week for 6 months)*

Rome wasn't built in a month and neither will a complete change of your physical physique happen that quickly. Provide us with your dedication and commit yourself to a 6-month plan and you'll see the results. Many friends and family members won't recognize this new person!

### Office Use Only

Date: \_\_\_\_\_ Initials: \_\_\_\_\_ Member #: \_\_\_\_\_ Amt. Paid: \_\_\_\_\_

If you do not show for a scheduled personal training session or are unable to provide a cancellation notice with a 24-hour period, you will be charged for that session. If you do not arrive within 10 minutes of your scheduled appointment time, you will have to reschedule your personal training session with your trainer. All personal training packages expire one year from date of purchase.

\_\_\_\_\_  
Client Signature

\_\_\_\_\_  
Trainer Signature

Mission: To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.



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