

# NUTRITION COUNSELING & FITNESS TRAINING

One-on-one sessions are available for ages 14 through seniors, blending personal training with practical nutrition guidance led by Community Health Director, Will Purdy. Each plan is tailored to your goals, lifestyle, and abilities.

## What you can expect

Each session contains practical training with approachable nutrition coaching to empower you in pursuing your wellness goals.

- Goal based exercise guidance
- Application and practice of nutritional habits
- Progression at your pace based on your abilities
- Encouragement and accountability

## Book Your Session

Will Purdy

Community Health Director

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## LESSON PACKAGE SELECTION

Package	Duration	Members	Non-Members
1 Session	1 hour	\$48.00	\$96.00
5 Sessions	1 hour	\$216.00	\$432.00
10 Sessions	1 hour	\$408.00	\$816.00
25 Sessions	1 hour	\$900.00	\$1,800.00



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