



# NUTRITION COACHING

*BILL HEDDLES RECREATION CENTER*

## COACHING OPTIONS



### NUTRITION COACHING

- NUTRITION COACHING
- 3 MONTH COMMITMENT (MINIMUM) - \$450
- ONE WEEKLY CHECK-IN FROM COACH
- INTERMITTENT COMMUNICATION IF NECESSARY
- COACHES PROVIDE FEEDBACK & GUIDANCE WITH EACH VISIT



### NUTRITION COACHING + PERSONAL TRAINING

- NUTRITION COACHING + PERSONAL TRAINING
- 3 MONTH COMMITMENT (MINIMUM) - \$800
- ONE WEEKLY CHECK-IN FROM COACH
- INTERMITTENT COMMUNICATION IF NECESSARY
- COACHES PROVIDE FEEDBACK & GUIDANCE WITH EACH VISIT
- INCLUDES 20-PUNCH PASS TO REC CENTER