

Wellness Consultation

Get a plan just for you!

Great for:

- ✓ Weight Loss
- ✓ Muscle Gain
- ✓ Fitness Competition Prep
- ✓ Motivated People
- ✓ Experienced People
- ✓ YOU!



Get your own individualized plan to reach your dream goals!

Consultations are great for those who don't need a Personal Trainer by their side but need an exact plan to reach their goals!

Each consultation will give you all the tools to reach your goal and get you ready to go!

You will receive a 4-6 week plan individualized towards you for nutrition, fitness, or both! With the Nutrition Plan, you'll learn what to eat, when to eat and tips along the way. The Fitness Plan will tell you the exercise, sets, reps, and when to go to the next routine!

Let's Reach Your Goals!

Individual Consultation

Nutrition Plan	\$60
Fitness Plan	\$60
Nutrition & Fitness Combo	\$100

Partner Consultation

Nutrition Plan	\$100
Fitness Plan	\$100
Nutrition & Fitness Combo	\$150

Set up your appointment today!

Contact Christine Paige, Fitness & Wellness Coordinator

Call #: 573.339.6604 ~ E-Mail: cpaige@cityofcape.org



CITY of CAPE GIRARDEAU
PARKS & RECREATION DEPARTMENT

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