

## **Nutrition and Exercise - a perfect partnership for a healthy lifestyle!**

### **Personal Training**

with

### **Nutrition Counseling**

Each Personal Training comes with  
a 12-week Nutrition Counseling  
Package

6 sessions PT with Nutrition \$368

12 sessions PT with Nutrition \$512

18 sessions PT with Nutrition \$636

24 sessions PT with Nutrition \$759



## **Share your training hour and nutrition counseling with a friend or relative.**

Each Personal Training For Two  
comes with a 12-week Nutrition  
Counseling Package

6 sessions PT with Nutrition \$416

12 sessions PT with Nutrition \$600

18 sessions PT with Nutrition \$760

24 sessions PT with Nutrition \$896

## **Try group exercise classes!**

See complete schedule at the Front  
Desk or online at  
[www.macombymca.org](http://www.macombymca.org)



### **Group Strength Training**

Learn how to incorporate free weight  
training into your workouts program.  
Your program will be developed by the  
instructor and updated weekly.  
Class meets on Tuesday and Thursdays  
6:30-7:30 pm

Fee: \$80.00 (Y Member \$32)

### **Independent Strength Training**

Once you have learned the basics in  
Group Strength Training there is an op-  
portunity to become more independent  
in your workouts. This class meets once  
a week with the instructor and workout  
records continue to be updated.  
Class meets on Thursday from 7:30-  
8:30 pm.

Fee: \$63.75 (Y Member \$25.50)



Please direct questions or concerns  
about Personal Training, Nutrition  
Counseling or group fitness classes to  
Cindy Cavett, YMCA Fitness and  
Aquatic Director.

**YMCA of  
McDonough  
County  
2011**

## **Nutrition Counseling and Personal Training**

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*400 East Calhoun  
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(309) 833-2129  
[www.macombymca.org](http://www.macombymca.org)*



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

## Nutrition Counseling

Meet with a registered dietitian over a twelve-week period to improve eating habits and learn healthy and sound approaches to managing your weight! Andrea Willis, MS, RD, LDN, will help you set realistic nutrition/lifestyle goals, assist with planning meals, improve food management and provide support in attaining your goals.



Nutrition Counseling will include:

- 12-week program
- Food label reading
- Grocery shopping tips
- Nutrient Analysis and recommendations
- Food Recall Do-over
- Meal Plans
- Educational handouts to guide program plan
- Individualized nutrition-related goals
- Weigh-ins



Nutrition sessions are designed to help clients:

- Understand how many calories are being consumed/how many calories should be consumed.
- Design a food plan that...
  - \*Accommodates a variety of situations (i.e. work, home, vacations)
  - \*Consists of an appropriate combination of protein, carbohydrates and fats
  - \*Emphasizes nutrient dense foods and avoids “empty calories”
  - \*Meets client’s desire to lose weight, or gain weight, or simply eat better
  - \*Meets client’s needs relative to time, money and food preparation ability
  - \*The client can carry out independently

### Nutrition Program Price:

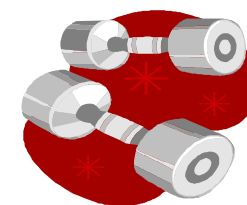
\$200 for a 12-week program which includes 8 consultations

### Single Nutrition Consultation:

\$32 This requires the 3-day Food Log and Initial Assessment be completed before the session.

## Personal Training

Learn how to safely and effectively become more fit with a certified Personal Trainer. Comprehensive physical activity programs will be developed including cardiorespiratory fitness, flexibility, muscular strength and endurance to meet your individual needs. Trainers can also help you adhere to workouts and continually provide interesting and challenging ideas to keep you motivated!



A contract will need to be signed before sessions can begin. Packages will begin with a Fitness Assessment as the first session.

### Personal Training

6 sessions	\$180
12 sessions	\$336
18 sessions	\$468
24 sessions	\$599

### Personal Training for Two!

Share the hour with a friend or relative.

6 sessions	\$216
12 sessions	\$408
18 sessions	\$576
24 sessions	\$720

**Fitness Assessment: \$35**