



Energy Management Package – Exercise and Nutrition

There is no better way to attain your fitness goals than to get professional guidance. Nutrition is a HUGE part of the energy equation....take in too little and the body doesn't repair itself. That means you don't keep your muscle mass (which women need/want as well), which means you are less effective at burning calories. If you are trying to gain weight losing muscle is a huge problem! If you are trying to LOSE weight then losing muscle will have the opposite affect. Take in too many calories and we all know what happens! Let our experts guide you in a sound and proven way. These training and nutrition combo packages are the best way to go.

Packages are 6 weeks in length and include:

1 x/Week	Qty	Length	Description
	6	1 Hour	Workout with Trainer
	4	1 Hour	Meeting with Nutritionist
	1+	Vary	Workout to perform on your own

2 x/Week	Qty	Length	Description
	12	1 Hour	Workout with Trainer
	4	1 Hour	Meeting with Nutritionist
	1+	Vary	Workout to perform on your own

Premier Trainer:	1x/week= \$464	2x/week = \$704
Expert Trainer:	1x/week = \$512	2x/week = \$800
Master Trainer:	1x/week = \$560	2x/week = \$896

Sales tax will be applied at the point of sale.

Please contact Melissa House or Emily Bell at melissa@bainbridgeathleticclub.com , emily@bainbridgeathleticclub.com if you have questions.