



# PERSONAL TRAINING

## Corporate Wellness Program

### Gold Package: \$249/employee\*

- 8 Small Group Personal Training Sessions
- 8 Additional GAC Visits
- 2, 1-hr Nutrition Seminars
- Body Composition

### Silver Package: \$169/employee\*

- 4 Small Group Personal Training Sessions
- 4 Additional GAC Visits
- 1, 1-hr Nutrition seminar
- Body Composition

### Bronze Package: \$300/group\*

- 2 Hour seminar brought to your place of business or at GAC with emphasis on Exercise and Nutrition

\*Only 4 co-workers necessary to start program\*

### Some of the Benefits of the Program...

- **Personal Training:** Small group training from certified personal trainers to motivate and help you achieve your fitness goals and improve the overall quality of your lifestyle
- **Nutritional seminars**
  - Foods to enjoy/avoid
  - Stocking your kitchen: quick pick food list
  - Tips for dining out/dining with friends
- **Motivation for the long term**

Contact Amanda Allison for more information, 810-606-5051 ext.34385

*"Physical activity and exercise – you don't have time NOT to"*