

2019 NEW YEAR

NEW YOU!

Connect with an **HCM personal trainer** to help you achieve your fitness goals.



Kick-start your workout with a fitness coach!

HCM personal trainers can customize a program utilizing the Wellness Center, off-site or at home.

3-Session introductory package for first-time clients!

Individual	Single one-hour session	\$50
	3 one-hour session package	\$130
Couples	Single one-hour session	\$80
	3 one-hour session package	\$220

**Call the Wellness Center to schedule or for more info.
(830)997-1355**