

# Personal Training & Nutrition Package

Schedule Together and Receive a Discounted Rate!

**2** - Personal Training Sessions

**1** - Session with a Registered Dietitian

**\$165** (a \$25 savings)

Personal Trainers utilize the Wellness Center's entire fitness & aquatic facility to design your work out. Workouts can include cardiovascular & strength training equipment, indoor pools, free weights, outdoor workouts and group classes!

Dietary Consultation will include up to 1 1/2 hour with Registered Dietitian to design a healthy eating plan individualized to meet your needs.

All three appointments must be made within a 6-month time frame.

Sign up today at the Wellness Center front desk or call (830) 997-1355.



(830) 997-1355 / 1006 S State Hwy 16 / [hillcountrymemorial.org](http://hillcountrymemorial.org)

**Monday - Thursday** 5:10am - 8pm / **Friday** 5:10am - 6pm

**Saturday** 7am - 2pm / **Sunday** 2pm - 5pm

 **HCM** | WELLNESS CENTER