



## *A la carte' / Add Ons*

### **Group Training/ \$150 a month or \$20 drop-in fee, 10 class pass \$179**

Group fitness classes are a great affordable way to be a part of a like-minded community. Everyone is at a different stage on their own journey. You will find a variety of fitness levels, ages, and abilities but all with one common goal of improving their health and wellness. No sign-up fee or contract. Discounts for Veterans, School, Medical Personnel and First Responders.

\$150 1 Adult or 1 Child

Add \$100 per additional person living in the same household.

### **Liver Detoxification Kit \$107**

A 7 day liver detox kit. Core Restore is a strategic system that provides three active formulas—CORE Support, Alpha Base, and PhytoCore—that work together to support liver detoxification. Each kit includes comprehensive formulas and an in-depth Patient Handbook, all designed to reduce the incoming burden of toxins and help restore optimal health.

### **3D Body Scanning \$59 for 1, \$99 for 2, \$39 for 1 monthly, \$299 year for unlimited scans**

New innovative health screens in 3D. Completely private, and contactless. Measure fat, muscle, and bone mass. Visualize your progress in 3D. Track progress and maintain accountability.

### **Health Coaching Session \$80**

Let us meet in person or online to discuss ways to live to your full potential. Everyone has a time when they struggle with a variety of issues. We will dig deep, find insight and inspiration to help you meet your health and wellness goals. May include weight loss solutions, health issues, or smoking cessation. May work in conjunction with your physician. 45-60 mins long. 30 mins follow up sessions **\$40**

### **Grocery Store Tour \$175**

Confused on what to buy at the grocery store? Come take a trip with Dianna. We will discuss labels, options and food that fit your lifestyle. It is about making small changes that make a big impact. You will learn a lifetime of information that you can share with your family members and friends. Takes approximately 1.5 to 2 hours. You will leave with knowledge, an information packet and a few recipes.

### **Customized Meal Plan \$49**

You will meet with a RN/Health Coach in person or virtually to discuss your goals and any current health conditions. Determine which type of meal plan is right for you. Examples are Mediterranean, paleo, low carb, keto, clean eating, heart healthy etc. These are personalized based on your likes and dislikes of food, how many times a day you want to eat, goals, calories etc.

# Packages

## All in GOLD \$850 per month

- Personal Training 3 times a week
- Unlimited group classes
- Unlimited Body Scans
- Unlimited personalized meal plan for your goals or health conditions

## All in SILVER \$650 per month

- Personal Training 2 times a week
- Unlimited Body Scans
- Unlimited personalized meal plan for your goals or health conditions

## All in BRONZE \$199 per month

- Unlimited group classes
- Unlimited Body Scans
- Unlimited personalized meal plan for your goals or health conditions

## All in ACCOUNTABILITY Only \$39 per month perfect for those that workout elsewhere

- Access to Monthly Body Scans
- Personalized meal plan for your goals or health conditions, updates as need

## All in GOLD \$850 per month

- Personal Training 3 times a week
- Unlimited group classes
- Unlimited Body Scans
- Unlimited personalized meal plan for your goals or health conditions

## Kickstarter Health Package \$950 one time fee all items must be used within 30 days of start date

- Personal Training 3 times a week
- Unlimited group classes
- Before and After Body Scans
- Personalized meal plan for your goals or health conditions
- Detox

## Personal 1:1 Training Sessions expires 3 months from date of purchase

1 session \$80

12 sessions \$860

24 sessions \$1630

You pick the days as your schedule allows.

## Monthly Personal 1:1 Training Rates

2x's a week \$600 per month

3x's a week \$800 per month

4x's a week \$1000 per month

5X's a week \$1200 per month