



New Seasons



A 1-month transformational program to launch your fitness and nutrition goals!

Your program includes:

4 Personal Training Sessions

At Body Positive private training studio
60 minutes each

\$200 value

3 Nutrition Sessions

Via video conferencing
90 minute consultation session
2-30 minute follow ups

\$240 value

Total Value: \$440

You save \$90!

Your cost: \$350 plus tax

Individual Nutrition and Meal Plan

Incorporate your food preferences
Help meet your health and weight goals
Develop meal planning skills

Individual Fitness Plan

Work with your health and fitness goals
Feel stronger and more energetic
Get results you can build on for long-term success

New Seasons is for anyone who:

Wants to be healthier and have more energy
Needs personalized care
Is stuck with health or weight goals

***You will be coached, challenged, and empowered!**



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