

Changing Lives.....



St. Bernard's Health & Wellness The fitness you expect... The wellness you need.

New Member Services

Free One Hour Consultation - \$50.00 Value

- *Review Health History*
- *Discuss Health & Fitness Goals*
- *Provide Professional Recommendations & Guidelines*

Free One Hour Equipment Orientation - \$50.00 Value

- *Instruction of Proper Technique on Precor Equipment*
- *Initial Training Log*

Free Half Hour Personal Training Session - \$35.00 Value

- *Choice of Instruction for Balance, Core, Flexibility, Free Weights,*

Optional Individual Fitness Assessment (IFA)- \$75.00 Fee

- *Resting Heart Rate & Blood Pressure*
- *Height/Weight/Body Composition*
- *Girth/Circumference Measurements*
- *Cardiorespiratory Endurance*
- *Muscular Strength/Endurance/Flexibility*
- *Review Results & Set Goals*

Optional Individual Exercise Prescription (IEP)- \$60, 90, or \$150 Fee

- *Individual Exercise Prescription for 8, 12, or 20 Session Training Plan*
- *Components for Balance, Cardio, Core, Flexibility, and/or Strength As Desired*



870-207-7700 stbernardswellness.com