

12 Month Program Rewards

Once weekly Membership Rewards

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| Nutritional Consultation w/ Registered Dietician | \$150 |
| Nalgene 32oz Water Bottle | <u>\$10</u> |
| | \$160 = Free |

- *Nutritional consult will be emailed within the first week of classes. Scheduling takes place with dietician.*

Twice weekly Membership Rewards

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| Nutritional Consultation w/ Registered Dietician | \$150 |
| Functional Movement Screen & Corrective Exercise Program | \$150 |
| Training Journal | <u>\$10</u> |
| | \$310 = Free |

- *FMS & corrective exercise program to be scheduled immediately before joining the program.*

Unlimited Membership Rewards

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| Nutritional Consultation w/ Registered Dietician | \$150 |
| Functional Movement Screen & Corrective Exercise Program | \$150 |
| 1HR Massage w/ licensed massage therapist | \$90 |
| Training Journal | \$10 |
| Nalgene 32oz Water Bottle | \$10 |
| Art & Strength T-Shirt | <u>\$20</u> |
| | \$430 = Free |

- *Massage coupon will be emailed within the first week of classes. Scheduling takes place with therapist.*