

# PERSONAL TRAINING PLUS

A program that offers **individualized nutritional counseling** in addition to your **1-on-1 workouts with a personal trainer**. We are confident that this added feature will help you in taking proactive steps towards reaching your health and fitness goals, improving your self-esteem and your quality of life!

## SCHEDULES AND RATES

### For student:

	Personal Training	Nutrition	Prices
Silver	4 sessions	1 Hour	\$170
Gold	8 sessions	1.5 Hours	\$274
Platinum	12 sessions	2 Hours	\$370

### For members:

	Personal Training	Nutrition	Prices
Silver	4 sessions	1 hour	\$220
Gold	8 sessions	1.5 hours	\$364
Platinum	12 sessions	2 hours	\$500

For best results, we strongly recommended sessions be completed within the following time frame. However, it can be completed in less time.

Silver:	Gold:	Platinum:
1 month	2 months	3 months

For more information, please contact Amy Garcia at [av64@nova.edu](mailto:av64@nova.edu) or (954) 262-7021.

**About our nutritional expert:**  
Dr. Marilyn Gordon is a registered dietitian/ licensed nutritionist with board certified specialist in Sports Dietetics. She has been with NSU for more than three years and has more than 20 years of experience, successfully helping clients manage their food intake for optimal health and wellness.

