

NSU'S

SHARK

Shape

Up

be well. stay well.

Train with NSU's Biggest Loser Trainers and Nutrition Sessions with NSU's Registered Dietician/Nutritionist without leaving your office.

What is it? Shark Shape Up is our newest initiative towards a healthier lifestyle brought to you by NSU Wellness. A certified Personal Trainer and our Registered Dietician/Nutritionist will come to you! Since we come to you, you must identify a room big enough to complete a workout session for the 6-week program.

Who is it for? It is designed for those who need a little extra assistance with their work-out and nutritional choices and cannot make it to the RecPlex. We will come to you, so no more excuses!

How long is it? This is a six-week program.

What is the cost? The price is per group – \$400 flat fee up to 8 participants. Breakdown per person (to be used as a point of reference only):

4 participants = \$100 per person
5 participants = \$80 per person
6 participants = \$67 per person
7 participants = \$57 per person
8 participants = \$50 per person

What does it include?

Fitness: Two one-hour group sessions per week with a personal trainer (total of 12 sessions).

Nutrition: Two one-hour nutrition education sessions on the topic of the group's choice with Dr. Marilyn Gordon, Registered Dietician.

For more information, contact the NSU Fitness Office at 954-262-7021 or av64@nova.edu.

