

Womens Wellness Program - 3 month program

A program for real change

CLIENTS RECEIVE:

PRE-PROGRAM EVALUATION and CONSULTATION:

2 hour initial consultation and personal training session to determine appropriateness of program for this individual - discounted rate \$100

(If Therapist and client determines program is appropriate \$100 fee for 2 hour session is applied to total cost of program)

PROGRAM:

1 private personal training session per week (total 4 per month)

1 group hike per week (total 4 per month)

2 private Holistic Health Counseling sessions per month

1 professional massage per month

1 specialized lecture or class per mo. w/ group meeting

ADDITIONAL:

25% discount on all additional services throughout program

Information on health and womans issues throughout program

Culminating in a scenic hike to the top of Mt. Wrightson in beautiful Madera Canyon with an overnight stay @ Santa Rita Lodge or Chuparosa Inn. Breakfast in the morning. All transportation provided.

Certificate of completion of program

Before and after pictures, personal statement, and group photo

Special Prizes:

Facials, Manicures/Pedicures, Aquatic Massage, Yoga Classes, Personalized private 1 on 1 hike with Trainer and much more...

POST PROGRAM SUPPORT: (must complete program to participate)

3 months of phone support (by appointment)

½ hour consultation every other week for 1st & 2nd months. One ½ hr consultation 3rd month.

1 Graduate breakfast or luncheon and meeting in 3rd month after graduation.

1 Graduate hike and/or other outdoor exercise activity within 3 months after graduation from program.

5% discount on ALL available services FOREVER

Total Package \$2195 Financing available – Credit cards accepted