# TRAINING

## [GENERIC FITNESS CLASS OR DEMO HERE]

Learn about how to improve your dietary habits and get nutritional coaching with our certified dietician, Jessica Link. With nutritional coaching, you'll receive the best customized plan to help you begin your new lifestyle!:

- Individualized Nutrition Plan
- One-On-One Consultations
- Determine Short + Long Term Goals
- Nutrition Education & Questions
- Continued Assessment & Tracking of Progress
- Ensured Accountability

*Sign up today for a*
**FREE 30 MIN. NUTRITION CONSULTATION**

Sunday, December 16
10am - 2:30pm

**Assessments are 20 minutes appointments. Space is limited and is a first come, first serve basis.*

**To sign up, please email Jessica at jblake@sportandhealth.com.**

**For any questions about Personal Training, please email Capitol Hill Fitness Director Benjamin Fidler at bfidler@sportandhealth.com.**

Onelife® FITNESS
onelifefitness.com