

## NUTRITION CLASS SCHEDULE

**MONTHLY: THE FIRST TUESDAY @  
10AM & THE FIRST WEDNESDAY @  
6:30PM**

***October: Probiotics***

***November: Navigating the Holidays***

***December: Diets & New Years Resolutions***

***January: Meal Prep Breakfast***

***February: Meal Prep Lunch***

***March: Meal Prep Dinner***

***April: Exercise Fueling***

***May: Protein***

***June: Do I need a multivitamin?***

***July: Is dairy healthy?***

***August: Alcohol: benefits, risks, & how  
it fits into an eating plan***

### ***PRICING :***

***\*ALL Group & Strength memberships include nutrition  
classes, quarterly body comp, & food diaries***

***\*Nutrition only membership (\$50/month) allows  
access to nutrition classes, quarterly body comp, &  
food diaries***

***\*Group class punch card allows access to nutrition  
classes***