



jumpstart

YOUR FITNESS JOURNEY

Reach your health and fitness goals! Boost your outlook and get on the right path towards healthy eating.



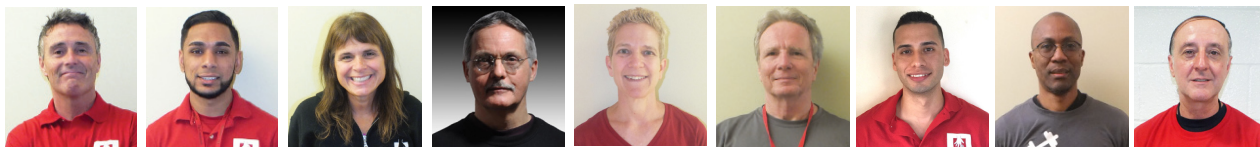
1 Nutritional Assessment

Karen Von Zelowitz is a Licensed Dietitian and is dedicated to combining her areas of expertise: counseling about food, nutrition and cooking. She is the owner of Nordic Health & Wellness LLC, located in Summit.



2 Personal Training Sessions

Choose from our many Certified Personal Trainers: Russell Graham, Mark Kalladeen, Mary D'Amato, Paul Gross, Yasmin Ofek, Louis Hannigan, Danny Osias, Tony Baker, James Zarzoukis, Rio Newte, Ellen Marsan, and Bryan Tobin



2 Nutritional Follow-ups

Karen will make sure you're staying on track with proper nutrition.



5 sessions = \$350 Introductory price

All sessions must be used within an 8 week period.



1 hour Nutrition Services with Dietitian, Karin Von Zelowitz also available to members!

