

# Healthy Living Classes



## at the Y

*"If you have health, you probably will be happy, and if you have health and happiness, you have all the wealth you need, even if it is not all you want."*

*~Elbert Hubbard*

*Save \$5 when you register for your 2nd consecutive class or a spouse registers for the same class.*

*Are you working out and wondering why you are not losing the weight? Are you struggling with balancing your diet with your diabetes or high blood pressure? Do you feel like you have hit a plateau? Emily Merkel will lead you step by step to achieve your healthy living goals!*



### Class lead by:

**Emily Merkel**

Dietitian Technician

Certified Chef

Personal Chef

3 Years Experience at a Weight Loss Clinic



## Healthy Living Classes

(Class size is limited)

**March 19th-May 7th**

**Members: \$45**

**Non-Members: \$80**

**Personal Training Session: \$20 per hour**

**(PT is optional but highly recommended for your success)**

Any number of PT Sessions may be purchased at this price during the time you are participating in a HL Class. Your personal trainer will customize a workout to your needs.

- **Week of March 19th** - You will meet with Emily for your one-on-one goal orientation. Your personal goal orientation with the Dietitian will be set up when you register for this 8 week class. Orientations will be scheduled every 20 minutes on either Monday or Wednesday of the first week. During your goal orientation, the Dietitian will get your measurements, height, weight, BMI, and Body Fat, and discuss your personal goals.  
**\*It is recommended that you track your food for seven days before your goal orientation with the Dietitian.**  
If you purchased the optional personal training session, you will need to fill out the Blue-Healthy Living Personal Training Form. You will receive a call to set up your session after your one-on-one with Emily.
- **Group Classes** - After your one-on-one goal orientation you will begin meeting in a group. Classes will meet March 26th thru May 7th for 7 weeks at 5:30 p.m. for one hour.
- **May 7th** - Last night of class, you will set up your follow up one-on-one with Emily (10 minutes).

### PERSONAL CONSULTATIONS

If a group setting is not what you are looking for or if you would like additional consultations along with the Healthy Living Classes, we are also offering personal consultations with Emily!  
Please fill out the yellow form and Emily will call you to set up your appointment.

**Member: \$16 per 30 min. session or 3 for \$45!**

**Non-Member: \$32 per 30 min. session or 3 for \$90**

**Monthly Maintenance: Weigh-in and mini consultation - 6 months: \$60 12 months: \$100**