

FITNESS & NUTRITION SERVICES

MHC EMPLOYEES, STUDENTS & ALUMNI GET A 15% DISCOUNT: CODE MHC15

BOOK A BODY COMPOSITION
ASSESSMENT WITH OUR NEW
INBODY SYSTEM.

WWW.MHC.AB.CA/FITNESS

FITNESS EVALUATION

A Physical Fitness Evaluation is a popular method used to assess an individual's current level of fitness. By providing an accurate benchmark of current fitness and by comparing the results to norms helps determine how an individual compares to others of the same age and gender.

The evaluations performed are specific to the needs and goals of the individual:

- Body Composition (NEW non-invasive InBody System)
- Flexibility
- Cardio-respiratory Fitness
- Muscular Strength and Endurance

Option A: Full Assessment \$85

Option B: Body Composition Only \$35 Pre & Post \$45

Option C: Body Composition Group Rates (No MHC Discount)

Rates are based on the # of people:

4-5: \$20/person // 6-10: \$15/person // >10: \$10/person

EXERCISE PROGRAM DESIGN

Each individual is different and that means each exercise program should be different too. The BFFL Centre works with each client to create SMART goals (Specific, Measurable, Attainable, Realistic and based on Time Variables) to increase a likelihood for success.

Pick up a FREE Fitness Centre Orientation Brochure in the G-Wing Fitness Centre.

Personalized Exercise Program: \$70

Strathcona Seniors Centre Members: \$60

FITNESS PACKAGE

Full Fitness Evaluation & Exercise Program Design: \$120

Personal training available upon request.

NEW NUTRITION ANALYSIS

Learn where your body composition is through a noninvasive Inbody test (as well as height, weight, waist circumference) and have your daily macros, calories and portions calculated using your nutrition & fitness goals (weight loss, muscle gain, body recomposition, better health, peak performance), dietary preference (paleo, keto, vegetarian, fully plant-based, Mediterranean and of course "anything") and macronutrient preference (balanced, low-fat, low-carb, etc). **Session \$60.**

NEW NUTRITION COACHING

Learn where your body composition is and get your daily macros, calories and portions calculated as well as tackle your nutrition goals with support from a Nutrition Coach through a weekly plan that consists of habit forming, lifestyle changing tasks, progress checks, educational resources and weekly check-ins. Select your 4, 8 or 12 week commitment and start moving towards your goals today!

4 weeks \$80: includes 1 Nutrition Analysis

8 weeks \$120: includes 1 Nutrition Analysis

12 weeks \$200: includes Pre & Post Nutrition Analysis

NEW FITNESS & NUTRITION PACKAGES

Receive all the benefits of one on one Nutrition coaching through a weekly plan that consists of habit forming, lifestyle changing tasks, progress checks, educational resources and weekly check-ins as well as a personalized exercise program. Select your 4, 8 or 12 week commitment and start moving towards your goals today!

4 weeks \$120: includes 1 Nutrition Analysis

8 weeks \$160: includes 1 Nutrition Analysis

12 weeks \$240: includes Pre & Post Nutrition Analysis



NOT SURE WHERE TO START? CONTACT KAYLA AT KREPAS@MHC.AB.CA TO BOOK YOUR FREE FITNESS & NUTRITION CONSULTATION TODAY!