

Learn how you can
exercise **SMARTER**,
eat **HEALTHIER**
and get the results
YOU WANT.

With The Club's Personal Training and Nutrition Program you will have all the support you need to achieve your goals.

EAT healthy,
GET in shape
STAY in shape.
SEE A NEW YOU!



the Club
A New You

Contact our team to learn
more about this program.

Jeff Marmelstein, MS, CPT

732 634 5000 ext. 141

Fitness Director, Director of Personal Training.
Jeff has 19 years of experience, NSCA
certification and has successfully helped
his clients achieve their fitness goals.

Karen Marino, Certified Nutritionist, CSN

718 967 1833

Karen has 20 years experience as a
nutritionist and will develop individualized
menus to fit your needs, improve your
stamina and help you feel better overall.

the Club
at
WOODBRIDGE
Health & Fitness Center

585 Main Street - Woodbridge, NJ 07095
(732) 634-5000 - www.theclub.org

the Club
A New You

**Personal Training,
Nutrition & Weight Management
Program**

6
steps
to reach
your goals



the Club
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WOODBRIDGE
Health & Fitness Center

Personal Training, Nutrition & Weight Management Program

The Club's professionals know that efficient exercise must be coupled with a healthy diet to create the balance needed to reach complete wellness.

*Schedule your appointment today and
feel better tomorrow!*



the Club A New You

Get to know the **6 STEPS** to achieve a **HEALTHY LIFESTYLE.**

Personal Training

3 sessions with a personal trainer. All the **MOTIVATIONAL** and **TECHNICAL** support you need to design a workout made specifically for you. 50 minutes per session of effective training tailored to your schedule.



Nutrition & Weight Management

3 sessions with a nutritionist creating **EASY TO FOLLOW MENUS**. Eat **WHAT YOU LIKE** while managing your weight and increasing your metabolic rate.

Investment: **\$199.00**

Includes:

3 PERSONAL TRAINING sessions

3 NUTRITION sessions

*all individual sessions are pre-scheduled with each professional.