

Eat better to feel better.

PRIVATE SESSIONS

Package	Length of Session	Member	Non-member
Private Individual	1 hour	\$55	\$60
Private Individual	30 minute	\$30	\$35
Goals	Three - 30 minute	\$80	\$90
Maintenance	Five - 30 minute	\$150	\$160
Quick Start	One - 1 hour, three - 30 minute	\$145	\$160
Wellness	One - 1 hour, Nine - 30 minute	\$325	\$355
Food Log Review/ Consultation	15 minutes	\$15	\$15
Comprehensive	Five - 30 minute PT Five - 30 minute DT	\$300	\$330

SEMI-PRIVATE AND GROUP

Package	Length of Session	Member	Non-member
Semi-private	1 hour	\$75	\$85
Semi-private	Three - 1 hour	\$199	\$220
Family Wellness	One - 1 hour, three - 30 minute	\$145	\$160
Mind Body Program	Length of session varies	See member services for pricing	

Benefits of Working With a Registered Dietitian

Whether you want to lose weight, lower your cholesterol or simply eat better, our registered dietitian can help you navigate through nutrition misinformation and provide sound, easy-to-understand nutrition advice.

The registered dietitian designs an individual nutrition plan with follow-up sessions that focus on monitoring your progress and keeping you on track toward your specific goals. They can also work with your fitness coach to align nutrition goals with your exercise program.

Carle Health & Fitness Center

1111 Trinity Ln. Ste. 120 | Bloomington, IL
(309) 433-WELL (9355)

Monday - Thursday: 5 a.m. - 10 p.m.

Friday: 5 a.m. - 9 p.m.

Saturday: 7 a.m. - 6 p.m.

Sunday: 9 a.m. - 5 p.m.

CarleHealthFitness.com

Connect With Us:

