

START RIGHT - WEIGHTLOSS PACKAGE

PERSONAL GUIDANCE TO SEE YOU TO YOUR GOAL with Tara Penawell, M.Ed + Dana Meyer, NTP

the best time to start is now

"When I need help reaching a goal, I look for people who:

- understand me and empathize with how I am feeling
- have something to teach me
- encourage and inspire me to do my best

Tara and Dana have the perfect combination of these traits. With their help, I was able to lose more than 25 pounds and feel good about the way my body looks. I could not have done it without them."

--Jennifer



New

Get measurable results by combining a structured personal training program with nutritional guidance. Your first meeting will be a Bod Pod plus 1/2 hour free consultation with Tara. Then over 10 weeks she takes you on a journey to see you to your weightloss goal! Finish with a Bod Pod to measure your progress. First 10 to sign up get 2 free nutrition sessions with Dana of Nine Dots Nutrition!

package includes:

2 Bod Pod body composition tests
20, 1/2hr personal training sessions
OR 10, 1hr sessions

just
\$612

plus 2 FREE nutrition counseling sessions with Dana Meyer of Nine Dots Nutrition.

*first 10 get 2 free sessions, after that 2 for \$50 coupon given



From making a lifestyle change or just learning how to incorporate exercise into a daily routine, **Tara Penawell** believes that fitness should be a part of everyone's life. Tara works with a wide age range of clients and has been training for over 8 years. Her specialties are strength and conditioning, functional training, injury prevention/recovery, and weight loss. Tara is certified NSCA-PT and holds a Masters in Kinesiology and a B.S. in Exercise and Wellness and has been with the Castle Hill Fitness training staff for over 7 years.



Dana Meyer is a certified by the Nutritional Therapy Association as a Nutritional Therapy Practitioner. She is owner/founder of Nine Dots Nutrition, which specializes in whole food solutions to achieving optimal health, fitness and looking good naked – at any age. Dana lives by the motto: "Proper nutrition is necessary. Exercise is essential. Attitude is everything!" www.ninedotsnutrition.com

contact Tara to sign up tara@castlehillfitness.com

Castle Hill Fitness | 1112 N. Lamar Blvd | www.castlehillfitness.com | (512) 478-4567

