

FEELING STUCK?



PERSONAL COACHING IS OFFERED COMPLIMENTARY WITH YOUR MEMBERSHIP!

- Discuss what you would like to accomplish and set goals that will actually work
- Go over healthy nutrition tips to improve your current habits
- Design an individualized workout plan geared towards your success
- Receive support and accountability

EMAIL [PULSEFITNESSNORTHPARK @CORPSPORTS.COM](mailto:PULSEFITNESSNORTHPARK@CORPSPORTS.COM)

LET'S GET PERSONAL...

We want to get to know you. And, we want you to know us.
That's where your Personal Coaching Sessions (PCS) comes in.

We start by personalizing your fitness center experience beyond the basics. We help you explore what we offer, what specifically interests you, answer questions about areas you may not be familiar with and see how the facility best integrates with your needs. How?

FITNESS CONSULTATION

We dive deeper with a Fitness Consultation to determine:

- Why did you join the fitness center?
- Where is your fitness level?
- Where do you want it to be?
- What does success look like for you?

EVALUATION + NEEDS ANALYSIS

Based on where you are, where you want to go and taking into considerations your lifestyle, we formulate a plan to get you there.

PERSONALIZED PROGRAM

Based on your current fitness level, goals and lifestyle, we create a program that's doable, measurable and gets results.

GO >

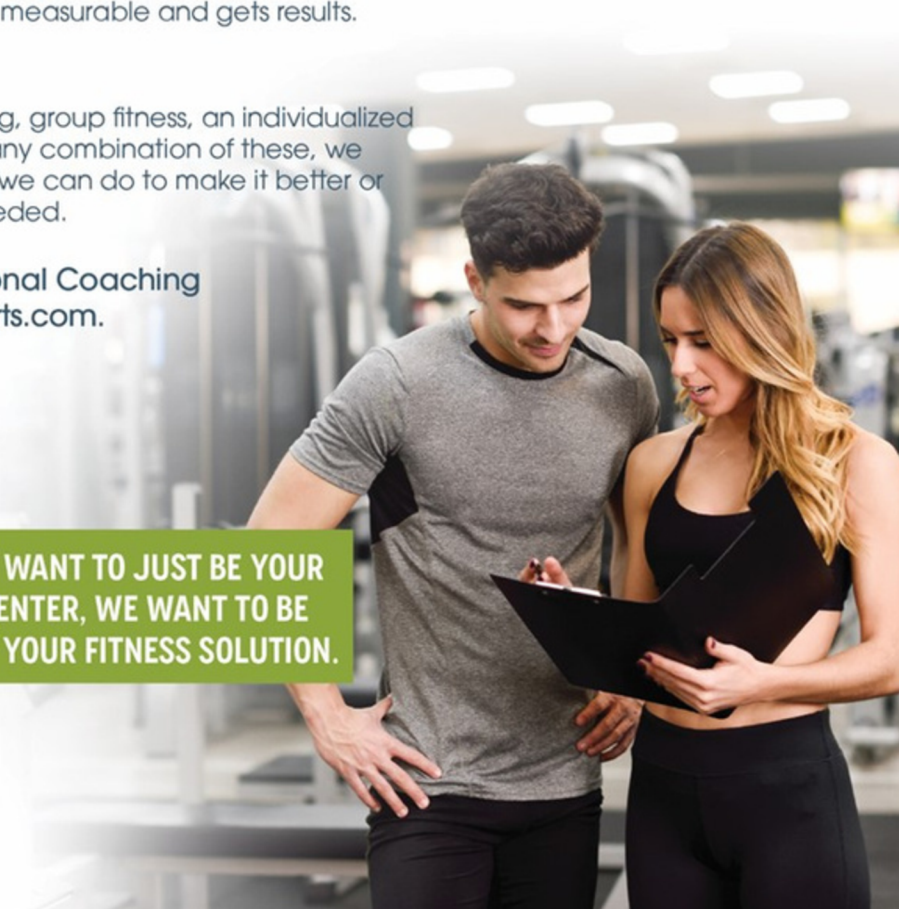
Whether you choose personal training, group fitness, an individualized workout plan, nutrition coaching or any combination of these, we check in to see how it's going, what we can do to make it better or determine if any adjustments are needed.

Schedule your complementary Personal Coaching Session at TWELVE24FITNESS@corpsports.com.

PLSe
fitness

Location:
400 Northpark, Level S

 **CORPORATE
HEALTH**
UNLIMITED
A CORPORATE SPORTS COMPANY



**WE DON'T WANT TO JUST BE YOUR
FITNESS CENTER, WE WANT TO BE
A PART OF YOUR FITNESS SOLUTION.**