

YOUR FITNESS *Roadmap*

1:1 COACHING

with Carlos and Team
in partnership with **PARD.**



A one-month personalized fitness coaching opportunity designed to help employees build an exercise routine, understand strength and cardio training, and learn how to make the most of their workouts and overall health.



Participants will meet with a personal trainer **twice a week for four weeks.**



Space is limited to **5 employees** for the initial pilot, with additional sessions offered based on demand.

HOW IT WORKS:



The **first 5 employees** to register will be contacted by our trainer to coordinate a schedule that works best for both the employee and trainer.



Sessions will be held at the **City Wellness Center** twice a week for one month.



Personalized guidance, accountability, and support to help you reach your fitness goals.



**INVEST IN YOU.
BUILD A STRONGER,
HEALTHIER YOU.**

Scan the QR code to Register

