
Special **Weight Management Courses**

Congratulations!

You have taken the most important step toward your own, unique healthy lifestyle.

Our **Special Weight-Management Courses** are designed to help you achieve *Your Personal Best* in the most **effective, time-efficient** manner possible. Here's how. Together, we'll incorporate the **3Ps**:

- 1.) **Proper Nutrition**
- 2.) **Productive Training**
- 3.) **Positive Motivation**

Plus, you'll receive a Personalized Menu Guide-line based on your specific characteristics including age, gender, body attributes and goals.

Plus, all courses include:

- **Daily Journal**—Daily tracking log to monitor your own exercise and nutritional intake
- **Reference Manual**—12 Chapters of basic physiology written in lay terms — how your body really works
- **Nutritional Supplements** (optional) for those who wish to take advantage of the benefits of supplementing their nutrition plans.

Most importantly, we have designed several different curriculums. This way you can determine the best course based on your budget, schedule and desired level of fitness.

Let's get started!

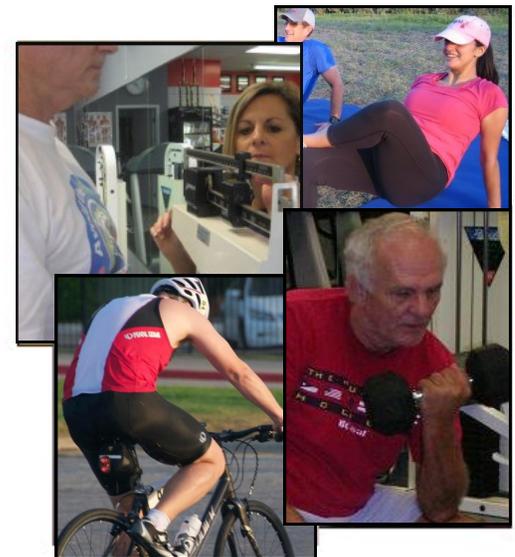
Special **Weight Management Courses**

*A Personalized Course to
Reach **Your Personal Best***



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4-Week Quick-Start \$349.99



The **4-Week Quick-Start** is a short fast track education. We expect it to be one of our most popular courses. It begins with an **initial fitness evaluation**. Based on those results and factors including **stress, eating habits** and **gender**, we'll discuss a **personalized nutrition menu** plan

designed just for you. Then, we teach you how to use an exclusive **Food X-Change** list that allows you to select all the **foods you love to eat** - yet, stay within your personalized nutrition suggested guidelines. Are you ready to get started?

The 4-Week Quick-Start Course includes:

- 1 - Fitness Evaluation / Personalized Nutrition Guidelines
- 2 - One-on-one coaching sessions
- 2 - Body-fat / weight ratio - in. measurements
- 1 - Daily Nutrition / Exercise Journal
- 1 - Nutrition & Exercise Reference Manual
- 1 - **PROPower** Multi-Vitamin / Mineral Complete Liquid*

8-Week Super Course \$634.99

The **Super Course** is 8-weeks of hands-on fitness service. It begins with an **initial fitness evaluation**. Then, you will meet once each week for 7 weeks with your Wellness Coach.

During these weekly sessions you will learn about your **metabolism, exercise** and **food relationships**. We'll also monitor your progress and make adjustments as you begin to achieve your fitness or weight-management goals.

The 8-Week Super Course includes:

- 1 - Fitness Evaluation / Personalized Nutrition Guidelines
- 7 - One-on-one coaching sessions
- 2 - Body-fat / weight ratio - in. measurements
- 1 - Daily Nutrition / Exercise Journal
- 1 - Nutrition & Exercise Reference Manual
- 1 - **PROPower** Multi-Vitamin / Mineral Complete Liquid*

Bronze Level Course (8 weeks) \$799.99

You used to exercise, but it's been a few years. And now, all the equipment looks so different. **Well, it is different.** Exercise technology has made tremendous advances in just the past two years.

The **Bronze Level Course** combines state-of-the-art **nutritional design** with **private training** to provide the most time efficient and cost-effective fitness / weight-management course available. Your Personal Trainer works out with you and updates your exercise regimen once a month to ensure you reach your fitness, weight-management and lifestyle goals.

The Bronze Level Course includes:

- 1 - Fitness Evaluation / Personalized Nutrition Guidelines
- 3 - Personal Training Sessions
- 7 - One-on-one coaching sessions
- 2 - Body-fat / weight ratio - in. measurements
- 1 - Daily Nutrition / Exercise Journal
- 1 - Nutrition & Exercise Reference Manual
- 1 - **PROPower** Multi-Vitamin / Mineral Complete Liquid*

Silver Level Course (8 weeks) \$1049.99

In addition to your weekly personalized coaching sessions, the **Silver Level Course** puts you with your Personal Trainer once a week for 4 weeks and once every other week for a month (6 sessions). The **Silver Level Course** goes into further detail about **exercise technique, kinesiology** and **exercise physiology**. You'll learn everything from hand placement to special core muscle warm-up routines to enhance your workouts.

The Silver Course includes:

- 1 - Fitness Evaluation / Personalized Nutrition Guidelines
- 6 - Personal Training Sessions
- 7 - One-on-one coaching sessions
- 4 - Body-fat / weight ratio - in. measurements
- 1 - Daily Nutrition / Exercise Journal
- 1 - Nutrition & Exercise Reference Manual
- 1 - **PROPower** Multi-Vitamin / Mineral Complete Liquid*



Gold Level Course (8 weeks) \$1449.99

You've made up your mind. You plan to go for it all! The **Gold Level Course** is a no-nonsense, hands-on approach to achieving your weight-management goals. It is designed to ensure your

commitment level stays strong in order to reach your personal success. You will meet with your Wellness Coach once a week. You will also work out with a Personal Trainer twice each week for 1 month and once a week the second month (12 sessions). It is your own private weight-management camp. This curriculum of consistent coaching is a **one-way ticket to success!**

The Gold Level Course includes:

- 1 - Fitness Evaluation / Personalized Nutrition Guidelines
- 12 - Personal Training Sessions
- 7 - One-on-one coaching sessions
- 4 - Body-fat / weight ratio - in. measurements
- 1 - Daily Nutrition / Exercise Journal
- 1 - Nutrition & Exercise Reference Manual
- 1 - **PROPower** Multi-Vitamin / Mineral Complete Liquid*

Course Prerequisites:

We simply ask for your **commitment**.

We take our support of you very seriously. In fact, empowering you through **education, motivation** and **inspiration** is our number one priority. That is why we offer an extraordinary level of support, much more than what other clubs or training facilities offer.

Just look at the results. Our clients change more than their weight (body-composition) and physical attributes. Through the knowledge they gain, they adopt a whole new lifestyle... filled with positive energy, positive self-esteem and a forward outlook. Let's get started!

* Supplements Optional (\$35)

**Prices include Facebook \$50 coupon