



JIM COTTA

Fitness Director

jcotta@groveliving.com / 615.477.0380

KIM WHITTAKER

Personal Trainer & Group Fitness Instructor

kwhittaker@groveliving.com / 615.477.3776

Fitness
PROGRAMS

PRICING

» PERSONAL TRAINING..... 60 min: \$85

90 min: \$110

(10) 60 min personal training sessions: \$750

(10) 90 min personal training sessions: \$1000

60 min partner training: \$110

90 min partner training: \$150

(10) 60 min partner training sessions: \$900

(10) 90 min partner training sessions: \$1300

» FITNESS PROGRAM DESIGN..... \$225

(includes assessment, program, & one session)

» FITNESS CLASSES..... \$20/class

* monthly unlimited: \$200

» FOOD PLAN..... \$225

(includes a custom 4 week meal plan, measurements, weigh-ins, & check-ins)

* continued: \$150/month

20% discount on food plans for those currently using personal training packages

CLASSES

» CARDIO KICK

Cardio Kick is a total body workout that combines martial arts techniques with fast-paced cardio, punching, and kicking moves. This high-energy workout will challenge the beginner and elite athlete alike. This class does NOT use boxing gloves or bags. All kicks and punches are thrown in the air.

» TRX TRAINING

TRX is a suspension training device that uses body weight exercises to develop strength, balance, flexibility as well as joint and muscular stability.

» TYE4 PILATES

TYE4 Pilates is a total body workout that uses a unique wearable resistance/ assistance harness that functions as a Reformer machine. This bungee system can be used on the mat, standing, and even in a chair. Beginners will use the TYE4 to assist the movements, while advanced participants will apply it for resistance. This class consists of TYE4 Mat and Standing Pilates, which will improve body positioning and muscle awareness, strength, stamina and balance. This class will leave you feeling stronger, balanced with better body alignment and posture.

» TYE4 GOLF FLEXIBILITY

This class, led by Ashley Benson, is geared to help you recruit and strengthen postural stabilizer muscles by activating a fluid kinetic chain reaction, resulting in improved flexibility and range of motion along with stronger joints and core muscles. Feel better and perform better on the golf course!

» YOGA THERAPY

Therapeutic Yoga offers a slow, gentle, and intentional approach to postures. Class begins with a focus on connecting to the breath and transitions into connecting the breath with movement. A Therapeutic Deep Stretch class will reduce aches and pains, prevent injuries, enhance athletic performance, increase flexibility and relieve tension.

** If you have any concerns as to which classes are suitable for you, please contact Kim Whittaker.*