



**JIM COTTA**

*Fitness Director*

[jcotta@groveliving.com](mailto:jcotta@groveliving.com) / 615.477.0380

**KIM WHITTAKER**

*Personal Trainer & Group Fitness Instructor*

[kwhittaker@groveliving.com](mailto:kwhittaker@groveliving.com) / 615.477.3776

*Fitness*  
PROGRAMS

## PRICING

### » PERSONAL TRAINING..... 60 min: \$105

90 min: \$130

(10) 60 min personal training sessions: \$950

(10) 90 min personal training sessions: \$1200

60 min partner training: \$130

(10) 60 min partner training sessions: \$1100

### » FITNESS PROGRAM DESIGN..... \$350

(includes assessment, program, & one session)

### » FITNESS CLASSES..... \$22.50/class

### » FOOD PLAN..... \$300

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

\* continued: \$200/month

## CLASSES

### » CARDIO STRENGTH 30/30

A metabolism boosting workout utilizing multiple joint movements and full body exercises performed at a high intensity. These workouts move quickly, the exercises are constantly changing, and everyone has fun! It incorporates strength and cardio moves that tone muscles and burn calories. Get your fitness fired up with Cardio Strength 30/30!

### » FIT FOR LIFE

This class will give you confidence and strength to keep moving and enjoying the special things in life. Improve balance, posture, coordination, functional strength, joint mobility and flexibility through a variety of exercises using balls, bands and other fitness props to assist along the way. Don't let age or injuries define your quality of life!

### » STRETCH & STRENGTH YOGA

The intention for this class is to bring balance back into the body by stretching the tight places and strengthening the weak places. Light hand weights will be used and all levels welcome.

### » 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.

### » 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.*