



Corporate A La Carte Menu of Services

Our A La Carte Menu of services provides you with a comprehensive list of medical, fitness, and nutrition services available to your employees.

- Comprehensive Fitness Test
- On-site Nutrition lecture (60 minute lecture)
- Physician Lecture (60 minute lecture)
- Fitness Lecture (60 minute lecture)
- Body Composition Assessment
- On-site 1 on 1 Dietitian Consultation (2 client minimum)
- On-site Chair Massage
- Group Fitness Classes (space permitted)
- Postural Analysis Program
- Corporate "Biggest Loser Program"
- Corporate "Military Training Program"

For more information & pricing please contact Sharyn Hecard at 504.842.9554

