

Preferred Client Specials

As a valued client, we'd like to show our appreciation by offering you these gift bundles at a special discounted price.

*Share the love.
Give the gift of health.*



Dynamic by Nature

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Bundle of Health Gift Certificate No. 2: Core Conditioning & Functional Strength Training

The perfect gift . . . personalized strength and core conditioning training sessions at an unbeatable price! Give him or her a set of **3 Personal Training sessions for only \$189** [regularly \$210].

Bundle of Health Gift Certificate No.3: Holistic Nutrition Package

Who wouldn't benefit from a personalized program on how to eat healthier? To reach your optimal weight? To get an eating plan that works for you and/or your family? **A full nutritional assessment and follow-up** to insure you get and stay on track is **\$199** [regularly \$225].

Bundle of Health Gift Certificate No. 1: Metabolic Whole Foods Cooking Classes & Integrative Nutrition Workshops

Want to learn to eat better? Demystify food and nutrition? Cook fast and delicious, wholesome, metabolically-charged meals? Get connected with the source of your food? Buy any number of classes and workshops for the **special price of \$39** each [regularly \$45]. Workshops include **Dynamic Detox, Peak Metabolism** and **Hormone Hell-P**. See website for current offerings.

dynamicbynature.com