



**Waukee Wellness**  
 & Chiropractic, P.C.

710 Alices Road  
 Waukee, Iowa 50263  
 (515) 978-6661

## Personal Training Packages

Want to challenge yourself? Try out some personal training with Stacey!

Waukee Wellness offers free initial consultations with Stacey to answer any questions you may have or to evaluate where you currently are with exercise experience. During this time, she will help you set your fitness goals and a game plan to make them happen. When you decide to start your personal training, Stacey will do some assessments of your body, such as strength, flexibility and body fat. Then she will compare them to your final assessments, to see how far you've come! And throughout your program, Stacey offers great nutritional and exercise tips, to make living a wellness lifestyle easier for you and your family!

To schedule an appointment with Stacey or to get started, contact Emily at 515.978.6661 or [emily@waukeewellness.com](mailto:emily@waukeewellness.com)

### Hours

Monday: 5-8:30am

Tuesday: 3-7pm

Wednesday: 5-8:30am

Thursday: 3-7pm

Friday: 5-8:30am

# of sessions	Cost per session	Total cost
<b>1</b>	<b>\$40</b>	<b>\$40</b>
<b>8</b>	<b>\$37.50</b>	<b>\$300</b>
<b>16</b>	<b>\$35</b>	<b>\$560</b>

\*Each session is 1 hour long and are scheduled every half hour



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 change the rest of your life.®**



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