Centegra Health Bridge Fitness Center
Crystal Lake
200 Congress Parkway
Crystal Lake, IL 60014

Centegra Health Bridge Fitness Center
Huntley
10450 Algonquin Road
Huntley, IL 60142

(815) 444-2900
healthbridgefitness.com

Fuel to Win
Sports Nutrition

Centegra Health Bridge Fitness Center
WELL BEYOND EXPECTATION™

We commit to serving with genuine respect, passionate caring and a joyful spirit.

C5925107
Are you fueling to win?

Maximize your athletic and health goals with nutrition coaching from our Registered Dietitian.

Increase endurance and strength, improve body composition, or recover from an injury with an individual fueling and hydration plan.

Fuel-to-Win Sports Nutrition will provide you with metabolic testing to determine calorie requirements and an understanding of your nutrition needs, ongoing education, accountability towards your goals, and access to your nutrition coach at any time.

Fuel to Win Packages:

**Fuel for Life**
Nutrition coaching throughout your yearly training cycle, plus 6 additional months of coaching to keep your nutrition and training goals on track.
18 months.
*Fee:* $729 Member / $949 Community

**Fuel for the Year**
Nutrition coaching throughout your yearly training cycle including in-season and off-season nutrition strategies. 12 months.
*Fee:* $529 Member / $689 Community

**Fuel for the Season**
Nutrition coaching to meet your current training and performance goals.
6 months.
*Fee:* $329 Member / $429 Community

Centegra Health Bridge Fitness Center offers other great ways to get you in your best shape:

- **Fitness Coaching** – Challenge yourself by working with an expert to tailor your workout to your needs.
- **Bootcamp** – Get ready to be challenged. This class is not for the faint of heart!
- **Cardio Max** – learn how to make the most of your cardio workout. Get better results without adding more time.
- **Kettlebell Bootcamp** – Amazing cardiovascular & strength workout. Condition your entire body.
- **Tri-Training Water Class** – learn techniques to improve your endurance and prepare for races.

For more information, or to speak to a Registered Dietitian, call (815) 444-2900.