

# PERSONAL NUTRITION COACHING

## PERSONALIZED PLANS

- ✓ Personalized Macro & Calorie Goals
- ✓ Education & Resources
- ✓ Flexibility & Customization
- ✓ Ongoing Support

Includes eight in-person  
or zoom sessions per month  
(45 min each).



**WITH JONATHAN MAENNER**  
NUTRITION COACH AND  
CERTIFIED PERSONAL TRAINER

**INQUIRE AT SYMONS FAMILY FITNESS CENTER FRONT DESK  
OR VISIT [JEWISHFEDHBG.BUZOPS.COM](http://JEWISHFEDHBG.BUZOPS.COM) TO PURCHASE**



**SYMONS FAMILY  
FITNESS CENTER**  
AT THE GRASS CAMPUS