

# NORTON SPORTS PERFORMANCE POWR II PROGRAM

TOGETHER, WE CAN HELP YOU REACH YOUR WELLNESS GOALS!



## BENEFITS OF POWR II:

- One-on-one individualized coaching
- Personalized fitness program
- Weekly weigh-ins to help you meet your wellness goals
- Customized nutritional counseling
- Daily educational emails focusing on positive healthy habits



## NORTON SPORTS PERFORMANCE:

- Extended hours by appointment
- Locker rooms/showers
- Largest training facility in the region
- Leading strength & conditioning staff
- HRA, HSA, FSA are accepted or payment can be reimbursed



**POWR**  
grads receive  
complimentary  
first week  
of POWR II!