



## Reach Your Health and Fitness Goals: Personal Training and Wellness Coaching Available For All Ability Levels

**Personal Training:** Whether you are an experienced athlete, new to exercise, or have physical limitations, Ashley Davis, Marianjoy’s personal trainer, can help! Ashley will work with you to determine your goals and develop an exercise program that can be achieved by working at your fitness level.

**Wellness Coaching:** Need help figuring out what a “healthy lifestyle” looks like for you? Ashley will guide you in setting realistic goals in areas that will best contribute to your overall well-being. Learn to develop healthy habits, such as establishing an exercise program, decreasing stress, managing your time, making good nutritional decisions, losing weight, and developing a regular sleep routine.

**Personal training and wellness coaching sessions are available Monday - Friday during morning, afternoon and evening hours.**



Ashley works with children, teens, adults and seniors to achieve weight loss, muscular tone, and improvements in strength, flexibility and balance. She is multi-certified and can address such conditions as arthritis, osteoporosis, joint replacements, multiple sclerosis, and spinal cord injuries.

**For more information regarding personal training and wellness coaching, please call 630.909.8626 or email Ashley at [Ashley.Davis1@nm.org](mailto:Ashley.Davis1@nm.org). To schedule your sessions, please call 630.909.7150.**

Marianjoy  
Rehabilitation Hospital



## Savings Offer

**Schedule your personal training or wellness coaching sessions!**

**Regular Rates:**

**60 minutes.....\$50  
30 minutes.....\$25**

### DISCOUNTED RATES\*

#### 12 Sessions For the Price of 10!

**SAVE \$100**

Purchase ten - 60 minute personal training or coaching sessions for \$500 and get 2 FREE sessions! (\$100 savings)

**SAVE \$50**

Purchase ten - 30 minute personal training or coaching sessions for \$250 and get 2 FREE sessions! (\$50 savings)

#### 6 Sessions For the Price of 5!

**SAVE \$50**

Purchase five - 60 minute personal training or coaching sessions for \$250 and get 1 FREE session! (\$50 savings)

**SAVE \$25**

Purchase five - 30 minute personal training or coaching sessions for \$125 and get 1 FREE session! (\$25 savings)

\* Sessions must be used within 6 months of purchase.

**Marianjoy Rehabilitation Hospital  
26W171 Roosevelt Road  
Wheaton, Illinois 60187  
630.909.7150  
Marianjoy.org**