



Do you want to live a healthy lifestyle but are unsure where to start? Ever wonder how physically fit people get that way and stay that way? Start your fitness journey by registering now for our brand NEW group personal training program...

“TransForm”

Led by nationally-certified personal trainer & registered nurse, Sonja Eades, this 6-week program will teach you about total wellness and how to get fit for life!

“TransForm” includes:

18 1-hour sessions

Nutrition & Supplement education

Stress management

Sense of community with a support system

Sign up now & start your fitness journey! It’s time to get addicted to the sweat!





Prices:

\$315 – per DISC Member

\$375 – per Non-Member

- The Non-Member rate includes access to the DISC for 7 weeks.
- 18 group sessions will be scheduled with the personal trainer.
- Group must consist of at least 3 people: Work with the personal trainer to form group
 - Contact Sonja Eades at (217)454-9652 or Jeff Rounds at (217)429-DISC

