

NEW MEMBERSHIP

PROGRAM

We are thrilled to announce the launch of our Fitness and Nutrition Enhancement Program, designed to elevate your fitness journey with personalized nutrition, specialized workout videos, and a wealth of additional resources. Whether you're looking to improve your overall health or achieve specific fitness goals, this all-inclusive add-on program is tailored to meet your needs.

[LEARN MORE](#)



Opening Registration Soon. Don't Miss Out!

01:12

DAYS

HOURS

Program Details

Personalized Nutrition Plans

- Initial Consultation: One-on-one consultation with Functional Medicine Physician, Dr. Katelyne Allen, to assess dietary needs and goals.
- Customized Meal Plans: Monthly meal plans tailored to individual preferences, dietary restrictions, and fitness goals.
- Weekly Grocery Lists: Simplified grocery lists to accompany the meal plans.

Specialized Workout Program

- Personalized Workout Plan: Customized workout plans based on fitness level, goals, and specific needs.
- Workout Videos: Access to a library of instructional workout videos demonstrating proper technique and form.
- Progress Tracking: Tools to track workout progress and adjust plans as needed.

Exclusive Classes and Workshops

- Additional Fitness Classes: Access to exclusive at-home fitness classes such as yoga, Pilates, HIIT, and more.
- Nutrition Workshops: Monthly workshops on various nutrition topics like meal prepping, understanding macros, healthy snacking, and metabolic/nutritional deficiency.
- Saturday Guest Speakers: Sessions with fitness and nutrition experts.

Support and Accountability

- Weekly Check-Ins: Check-ins with Dr. Katelyne to review progress, address challenges, and provide motivation.
- Private Online Community: Access to a members-only online community for support, motivation, and sharing tips.
- 24/7 Support: Text support from our fitness and nutrition experts.

Additional Resources

- Educational Content: Access to articles, e-books, and videos on fitness and nutrition topics.
- Seasonal Challenges: Participation in seasonal fitness and nutrition challenges with prizes and incentives.

Discounts and Perks

- Supplements and Merchandise: Discounts on supplements, fitness gear, and center merchandise.
- Partner Services: Discounts on services with our Fieldhouse Partners (e.g., One Body Sports Medicine, Vital Source Holistic, Crossfit Contour).



\$49.99/Month



30-day Money-Back

Members can sign up for the add-on program at the fitness by responding to this email (fieldhouseinstitute@gmail.com) to start the enrollment process. Once enrolled, members will schedule their first initial consultation with Dr. Katelyne Allen.

ENROLLEMENT PROCESS