



TENNIS

Private Lesson	each \$95
Semi-Private Lesson (2 guests)	each \$65
Group Tennis (3 or more)	each \$55

GOLF AT VISTA VALLEY COUNTRY CLUB

9 Holes w/cart	\$55	18 Holes w/cart	\$90
Golf Lessons	\$55 and up	Driving Range	\$10
Club Rental	\$25		

Please note the dress code for Vista Valley Country Club is as follows: Bermuda shorts no shorter than four inches above the back of knee are permitted. Shirts with collars are to be worn at all times. Shirrtails must be tucked in. Ladies may wear designer blouses without collars. Spike-less golf shoes are required. No jeans.

INDIVIDUAL NUTRITION CONSULTATION \$225

Fifty private minutes with our exclusive Registered Dietitian, to assess your current meal patterns, evaluate your weight and height, potential medication and nutrient interactions and determine general goals with recommendations to meet those goals. A personalized shopping list, recipes, and nutrition information tailored for your individual needs are included.

*(When combined with select Fitness Services \$175)

30-MINUTE CONSULTATION \$95

Perfect for reviewing supplements, addressing a specific nutrition topic, or as follow up to a prior consultation.

NUTRITIONISTA PACKAGE \$275

Extend your Cal-a-Vie Nutrition Consultation with continued care when you return home. This package includes one 50 minute private consultation and three 15 minute follow up sessions providing support and guidance for your transition home.

CAL-A-VIE WEEKLY MEAL PLANS

3 DAY MEAL PLAN	\$ 375
5 DAY MEAL PLAN	\$ 575

Choose a three or five-day personalized meal plan. Cal-a-Vie Meal Plans are tailored to achieve your nutritional goals while accommodating your personal lifestyle and needs, avoiding medication and nutrient interactions, and respecting your personal food preferences. These plans are a must for anyone juggling a busy life or managing a health concern. A personalized meal plan can assist you in managing weight reduction, arthritis, diabetes, cancer, heart disease, gluten intolerance or high cholesterol. Vegans and vegetarians benefit from personalized plans with a fresh focus on variety and planning for balance of specific nutrients.