

PERSONAL TRAINING & NUTRITION

Get customized recommendations and expert attention that will help you stay motivated and achieve your goals. Our personal trainers and dietitian are nationally certified and have special areas of expertise.



Grant Higgins

NASM Certified Personal Trainer/BS Exercise Science

Grant is an Exercise Physiologist at the Blessing Wellness Center. He trains with one core goal in mind: Helping clients maintain a standard of living that fully supports their health, independence, and overall well-being. Grant believes that regardless of age or gym experience, anyone can achieve a higher quality of life through consistent, purposeful training. Born and raised in Quincy and a graduate of QHS and QU, Grant is passionate about improving the health of his community. His strong foundation in exercise science continues to shape his professional approach.



Matthew Winking

NCSF Certified Personal Trainer/BS Exercise Science

Matthew is a Personal Trainer dedicated to helping individuals of all backgrounds and fitness levels achieve their goals. He is passionate about motivating his clients and creating effective training programs that not only improve performance in the gym, but also enhance movement and function in everyday life. With experience working across all age groups, Matthew believes that exercise is for everyone. His approach focuses on building strength, confidence, and long-term health habits that empower clients to move better, feel better, and live better.



Jen Kamps, MS, RD, LDN

Jen is a Registered Dietitian and Licensed Dietitian Nutritionist. She has a Bachelor of Science degree in dietetics and a Master of Science degree in food science and human nutrition with an emphasis in culinary science. Jen teaches culinary classes for all ages, oversees the meal prep service line, collaborates with our trainers on client programming and wellness challenges, along with conducting nutrition consultations. She has been at the Blessing Wellness Center for 8 years.

PERSONAL TRAINING

	30 Minutes	45 Minutes	60 Minutes
4 Session	\$80	\$120	\$160
8 Session	\$140	\$220	\$280
12 Session	\$180	\$300	\$360

DIETITIAN PACKAGES

		Cost
Initial Consultation	1 (60 minute) session + 4 (30 minute) sessions	\$140
Ongoing Dietitian Support	8 (30 minute) sessions	\$180
Customized Meal Plan	1 Meal Plan + 1 (30 minute) session	\$75