



Starts Oct 1st
\$40

6 WEEK WEIGHT LOSS CHALLENGE

- Unlimited group fitness classes (online and in-person)
- 2 one-on-one Personal Training sessions with a Certified Personal Trainer
- Before and after measurements taken by a Certified Personal Trainer
- Weekly meetings focused on your nutrition
- Swag Bag with everything you need including: food & activity journal, resistance bands & more
- Facebook challenge group for extra support and friendly competition
- Exercise of the day
- Weekly prizes

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