



Starts January 8th



1-1 COACHING  
8 WEEK PROGRAM (M,  
W, F)  
12 WEEK PROGRAM (TU,  
TH)  
\$1560 PAID IN FULL

Program Includes:

- Physique Fit app access
- Customized Meal Plan based on macros
- Goal focused training program
- Biweekly Body Measurements w/education
- Monthly Progress photos
- 10% off all MedSpa Treatments

