



Series will run from September 13th to  
November 5th, 2021

**Workouts will consist of:**

Strength/Conditioning with Breanne

Yoga with Joan

Movement Fusion with Kelsey

**What's Included:**

Initial Intake & Assessment

24 Different Workout Videos over 8 Weeks

Mid Point Zoom Check In (Q and A, Open Forum)

Direct contact with 3 PG trainers for the period of See Change  
Reboot.

3 Workout Videos will be posted on every Monday for 8 Weeks

All workout videos will be 30-45 minutes in length.

Weekly videos will be available through Wellness Living via FitVid  
for one week only.

\$75, or \$60 for PG Fitness On The Go Members  
(discount code will be provided)