



EMAIL WEBSITE

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#### BRUMFIELD BRAWN EXPERIENCE

## Experience a Tailored Personal Training Journey with Brawn & Butter

With Brumfield Brawn, your personal training experience is genuinely customized to suit your individual needs. It all starts with a brief questionnaire consisting of 10 questions, designed to help your trainer understand who you are. This ensures that every training session aligns with your goals, motivations, and environmental expectations.

### What to Expect from the Brumfield Brawn Experience

- **Motivating Trainer:** You will have a dedicated trainer who is fully invested in your success, ensuring that you stay focused on what inspires you.
- **Accountability Partner:** Your trainer will regularly check in with you to make sure you're taking the necessary steps to achieve the goals you've set.
- **Discipline Cultivation:** You will work with a trainer who helps you develop the discipline needed for a healthier lifestyle.
- **Engaging Environment:** Your training sessions will take place in an atmosphere focused on you, your trainer, and the tasks at hand—one that fuels your motivation and maintains your concentration.
- **Knowledgeable Guidance:** You will benefit from a trainer who is not only skilled in training but also knowledgeable enough to teach you along the way.

With Brumfield Brawn, you're not just training; you're embarking on a personalized journey towards your fitness goals.

#### BRUMFIELD BUTTER EXPERIENCE

## Experience a Momentous Meal with Brawn & Butter

With Brumfield Butter catering services, your event is sure to be a memorable experience for all who attend. We offer a wide array of culinary choices designed to accommodate every taste and dietary requirement. The Brumfield Butter Experience is committed to providing exceptional food quality and outstanding presentation. We strive for complete satisfaction and serve with genuine care. Ultimately, with our services, your event will be fondly remembered.

### What to Expect from the Brumfield Butter Experience

- **Custom menus** – tailored to your taste, event, and dietary needs.
- **Fresh food** – high-quality ingredients.
- **Professional & Friendly** – trained in hospitality excellence.
- **Elegant Presentation** – that wows guests and looks great in photos.
- **On-Time Delivery** – punctual and reliable, every time.
- **Event Types** – Weddings, Corporate Events, Private Dinners, Parties & More.
- **Flexible Packages** – to fit every budget and party size.
- **Licensed & Insured** – for peace of mind.

With Brumfield Butter, you are not merely having a meal; you are embarking on an experience.

# Brawn & Butter

BRUMFIELD BESPOKE | IG: @BRAWN.BUTTER | 313-979-0655