



FIT AND FABULOUS

JANUARY 2017

Happy New Year! We hope you didn't do too much damage with all of the delicious holiday food 😊 We are overwhelmed with joy to announce that our fitness bootcamps are back just in time to jump start your new year! What are your health and wellness goals for 2017? Are you ready to get back in the action?

NEW LOCATION

We have moved!!! We are excited to announce that we have a new location for our West Orlando Bootcamps. Rain or shine, classes will be in session! We have moved to the Gotha Warehouse at:

**2220 Hempel Avenue
Gotha, FL 34734**

We are only 5 minutes away from our old location 😊



CLASSES HAVE STARTED!

You now have the flexibility to attend any class time you want throughout the week. This helps everyone out tremendously when schedules change often, as consistency is critical for success. Our current class schedule is as follows:

5:00am - Tuesdays and Thursdays

6:00am - Mondays, Tuesdays, Wednesdays, Thursdays, Fridays

7:00am - Mondays, Wednesdays, Fridays

DETOX CHALLENGE

Interested in a vegan, gluten-free detox? Look good on the outside and feel great on the inside! Our fit and fabulous winner will receive a month of FREE bootcamps! Email us for more details at info@iamfitandfabulous.com.

NEW FLEXIBLE PAYMENT OPTIONS!

You also have flexibility with pricing as we know schedules and circumstances often fluctuate throughout the year. We now offer the following payment options:

Daily Rate: \$10.00 – Good for one class
(1 Class = \$10 per class)

Weekly Rate: \$25.00 – Good for one class every day that week (5 Classes = \$5 per class)

Monthly Rate: \$50.00 – Good for one class every day that month (25 Classes = \$2 per class)

Unlimited Rate: \$75.00 – Good for unlimited classes every day that month (40 Classes = \$1.87 per class)

CREATING LASTING CHANGES IN THE LIVES OF WOMEN ACROSS THE NATION

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