



BEYONDFITNESS



Exclusive Personal Training Session



Enjoy the gift of fitness this holiday season!

In this session, fitness expert Michele Vaughan will listen to what your goals are, then guide you through a program designed specifically for you.

"I'm looking forward to sharing my love of exercise, movement and healthy habits with you in the days to come."

*Together let's go
Beyond Fitness!"*



To redeem, email this file to Michelevaughan1@me.com or make an appointment for an initial consultation at: <https://www.beyondfitness.us/get-started/>