

# **FLEX** | **ability**

*the ability to flex*

WHEN YOU'RE READY TO STEP IT UP A NOTCH.



## **STRONGER WITH NAOMI**

IN PERSON TRAINING | HOME PROGRAMS | COACH ACCESS

- Weekly 1 hour in-person work-out session.
- 3 different personalized written exercise program each week.
- Email/Text Access to Coach.
- Starts Sept 10th.
- 8 week commitment.
- Fridays at 6a, 7a, or 8a.
- Limited Sessions.

**\$649**

[INDIVIDUAL SESSIONS]

**\$899**

[COUPLE/FRIEND SESSIONS]



Payment in full due before first appointment. Cash or Check accepted. 3% fee for Credit Card.

**NEPHEW PHYSICAL THERAPY**  
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Because Pain is [NOT] Normal.