

## 4 Week Free Fitness Program

**Contact: Jessica Hoffman** 

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https://ks-shawnee.countybuyselltrade.com/business-listings/fitness-centers/4-week-free-fitness-program 269602

Address:

Price: Free

I am a personal trainer looking for 10 individuals looking to start a fitness routine or looking for a new fitness routine to try for FREE!

About the program:

- -This program is for men and women, 14 to 114 and ALL fitness levels.
- -No commitment or contract required.
- -Just a month of unlimited access to our online workout programs!
- -Your program dates are Monday June 28 Saturday July 24, plus 2 additional weeks FREE for anyone who signs up today!

You will get access to:

6 weeks unlimited virtual workouts for FREE

**Certified Personal Trainers** 

Motivation, Accountability, Support

Community driven, family friendly

60 minutes of amazing workouts at your own pace, start where you are

Check it out and sign up here: https://linktr.ee/jesshoffman Interested?



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Program Week

**Fitness** 

Week

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