

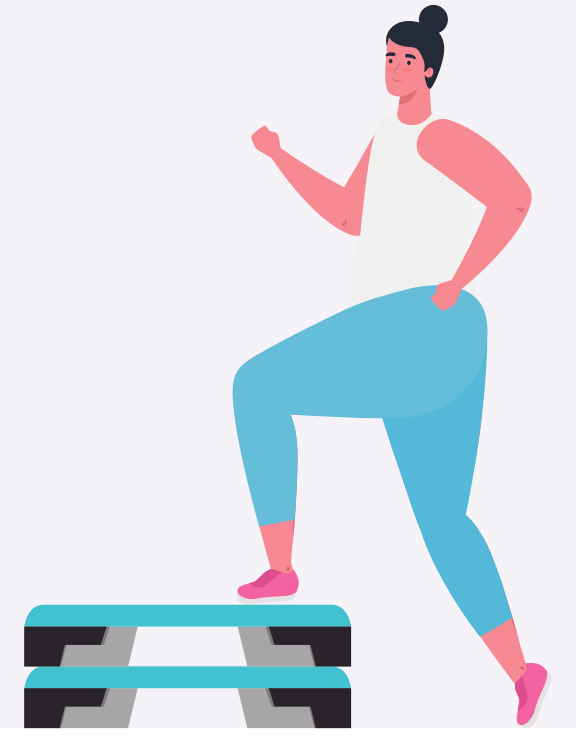
# TAKE GOOD CARE FITNESS

move well & move often.



## all access pass

\$139/mo



### training philosophy

- identical to my personal training style, the workouts inside this membership are centered around BALANCE and the belief that GOOD, consistent movement is essential for the mind as well as the physical and energetic body
- we always focus on priming the body effectively, building strength and moving functionally & efficiently. we're all busy bees - we can move to enhance our life rather than add to our stress
- BIG priority in building confidence, owning our power, and celebrating the heck out of our wins!

### programming style

- i heart circuits! each program may vary in format but will always be a series of timed interval circuits - repetition is key to building muscle memory and honing our form!
- we work functionally - as in, we prioritize movements that we do every day in our lives! ie. deadlifts=picking up kiddos safely. lunges=going up and down the stairs pain free!
- varying intensities! let's debunk that 'no pain, no gain' myth. we rarely need to be at 100% to build strength and work hard. we'll find that 'sweet spot' where we are challenged but we also feel GOOD!
- emphasis on recovery, rest, and recharge! no thanks, burn out!
- heavy focus on commitment to consistency over commitment to perfection

### whatcha get

- unlimited access to ALL guided on demand videos via [www.takegoodcarefitness.com](http://www.takegoodcarefitness.com) - library growing weekly!
- 4-5 killer ~35 min programs each week - some weeks themed, some weeks are a wild card! demo vids and written queues for each exercise! these workouts are delivered via an app called trainerize.
- the weekly line up will be a perfect balance of total body strength, mobility, dynamic stretching, core, hiit, etc. each week will be unique so we keep it fresh!
- completely scalable! modifications will be offered to meet you where you are.
- own your calendar! move the workouts around to jive with your schedule!

### wellness investment

- your commitment to making TIME for yourself.
- your energy and openness to discovering your wellness sweet spot - balance baby!
- \$139 a month
- billed as a monthly subscription - credit card payment accepted - no contract required - cancel at any time.

WWW.TAKEGOODCAREFITNESS.COM  
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