

Hi

I don't want to rush you into making a decision, but I do have to cap the registrations. I'll make this super quick. I want you in this group. You're an amazing person, and I know the other members will absolutely love you.

What are you waiting for? Email me back and let me know.

If you think that working out over Zoom is a barrier, think again! Dalia said: *"I cannot express enough about how motivating and amazing Jaime and her crew are! I started working out with them close to 2 years ago. When I started with them I was so nervous that I wasn't in shape and ready to start a bootcamp class. Jaime was the first to welcome me and made me feel comfortable from the start. She and the other coaches are always cheering me and everyone else on. Somehow even with covid keeping us on zoom sessions the coaches are still able to encourage and motivate through the camera. Their energy is contagious!"*

For only \$125 - you get:

- Group training with unlimited class options/week
- 2 office hours offered per week (1 hour/session tbd)
- Unlimited text messages, chat, group messages (response within 24 hours)
- Access to a private Facebook group for community support
- Weekly challenges to grow your fitness and mindset
- Progress tracking with Well World, a robust mobile app
- A nutrition plan designed for your needs to support you through the first 30 days
- *Access to the best supplements that fit into your daily routine, recommended to provide specific support during your first 30 days (sold separately)

That's less than \$5 per day; the same price as Starbucks for a month!

Unlimited support, workouts when you can work out (don't rearrange your schedule), a meal plan to take out anything confusing, and people, who I already said will love you.

I've got to close the doors on this though. We're all doing it together. _____ is the last day to sign up.

I've taken the hard stuff out of registering. Just click here → [LINK](#) and register.

I really want to see you on the other side.

Yours in health,

