

Fitness Inspired

2021
*Fun,
Accountability,
& Results!*

.....
we are committed to
having FUN, staying
ACCOUNTABLE, and
celebrating RESULTS and
each other

.....
THIS PACKET INCLUDES:

1. Here we go 2021
2. Invite to our [very inspired] signature program
3. Invite to our [inspired] signature program
4. Level Up with group and/or personal training and coaching
5. You're a Star!

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Fitness Inspired

*You're
Invited!*

let's go 2021

*You're
Invited!*

what if this year.
we had fierce belief.
this year.
we invested in ourselves
like we do in others.
this year.
we choose who we are
becoming each day.

Get on the Roster for

OUR SIGNATURE PROGRAM!

Get in on the Inspired or Very Inspired level

- HERE WE GO 2021! JAN, FEB, MAR
 - **January 5- January 28:** Inspired Action
 - **February 1- February 25:** Love what gets you there
 - **March 1 to March 25:** Green means GO
- GROWING INTO: APRIL, MAY, JUNE |
SUMMER SHINE: JULY + AUGUST |
ELEVATE: SEPT, OCT, NOV, DEC

*You're
Invited!*

Fitness Inspired Very Inspired (VIP)

**INVITING YOU TO A 3 MONTH COMMITMENT-
JAN, FEB, MAR**

Monthly theme, interactive workouts, fitness homework, replays, resources, recipes and food plan, personalized coaching, tracking and celebrating progress!

FUN [VERY INSPIRED] WORKOUTS

- Access to ALL the LIVE workouts
- Fierce Workout Program
- ALL replays and our entire workout library

ACCOUNTABILITY [VIP] COACHING

- Throughout all our LIVE workouts
- Weekly personalized check-in
- Kiersten will help you work through sticking points
- "Do the Thing" group coaching program and discount on any personal training/coaching, and FI gear

RESULTS [VIP] STYLE

We will celebrate you, your progress and wins each month during our monthly results parties! Earn meaningful swag when you hit milestones on the journey.

WE WANT YOU!

- 14 spots available for this VIP roster. woot! woot!
- Sign Up (\$199/mo) to secure your spot on Sunday Dec. 27th
- Signing Party Streaming (12/27) at 4pm EST.

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You're Invited!

Fitness Inspired

Inspired-level

INVITING YOU TO A 3 MONTH COMMITMENT- JAN, FEB, MAR

Monthly theme, interactive workouts, fitness homework, replays, resources, recipes and food plan, personalized coaching, tracking and celebrating progress!

FUN {INSPIRED} WORKOUTS

- Access to 3 LIVE workouts a week
- ALL replays and our entire workout library

ACCOUNTABILITY COACHING

- Throughout all our LIVE workouts
- Weekly personalized check-in
- Kiersten will help you work through sticking points

RESULTS!

We will celebrate you, your progress each month during our monthly results parties! Earn meaningful swag, when you hit milestones on the journey.

WANT TO LEVEL UP TO VIP?

Access to ALL live classes, Fierce program, Group coaching, and discount on Personal Training and FI gear.

WE WANT YOU!

- 14 spots available for this Inspired roster.
- Sign Up (\$139/mo) to secure your spot on Sunday Dec. 27th
- Signing Party Streaming (12/27) at 4pm EST.

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*Level
Up*

let's go
2021

*You're
Invited*

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GROUP COACHING + PERSONAL TRAINING

Level up with:

OUR FIERCE PROGRAM

- January 10th- March 28th; Sundays 4pm EST
- A weekend fierce meet up for a sweat sesh and to be in community! Weekly Replay Included.
- \$45/month or \$25/month for students
 - Included in our Very Inspired level

NEW IN 2021: DO THE THING GROUP COACHING PROGRAM

3 Group coaching sessions a month:

- Pump-up song and time to turn in "your thing"
- Guest or Kiersten coaching on a topic that is going to get you fired up and growing!
- Q and A time and commit to your action step!

Group coaching that not only gives you the inspiration, lessons, tips and tricks AND also, gives you the direction and accountability to **do the thing!**

- \$45/month or included in our Very Inspired level of the signature program

PERSONAL TRAINING/COACHING/CONSULT

Let's design a personal training, coaching, or consulting plan that will work best for you!

LET'S DO THIS!

- Sign Up on Sunday Dec. 27th
- Signing Party Streaming (12/27) at 4pm EST.
 - LIVE on zoom, facebook, and instagram

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Fitness Inspired

you will have doubts
and obstacles,
because after all,
you are human.
but don't doubt
for a second
that you...yes, you,
are worth the effort
and worthy of all
the good stuff
that dreams are
made of

KIERSTEN

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