



FLOW FITNESS AT HOME

Welcome to Flow Fitness! I am Rose Foulis, an ACE Certified Personal Trainer, and I am so excited to meet you!

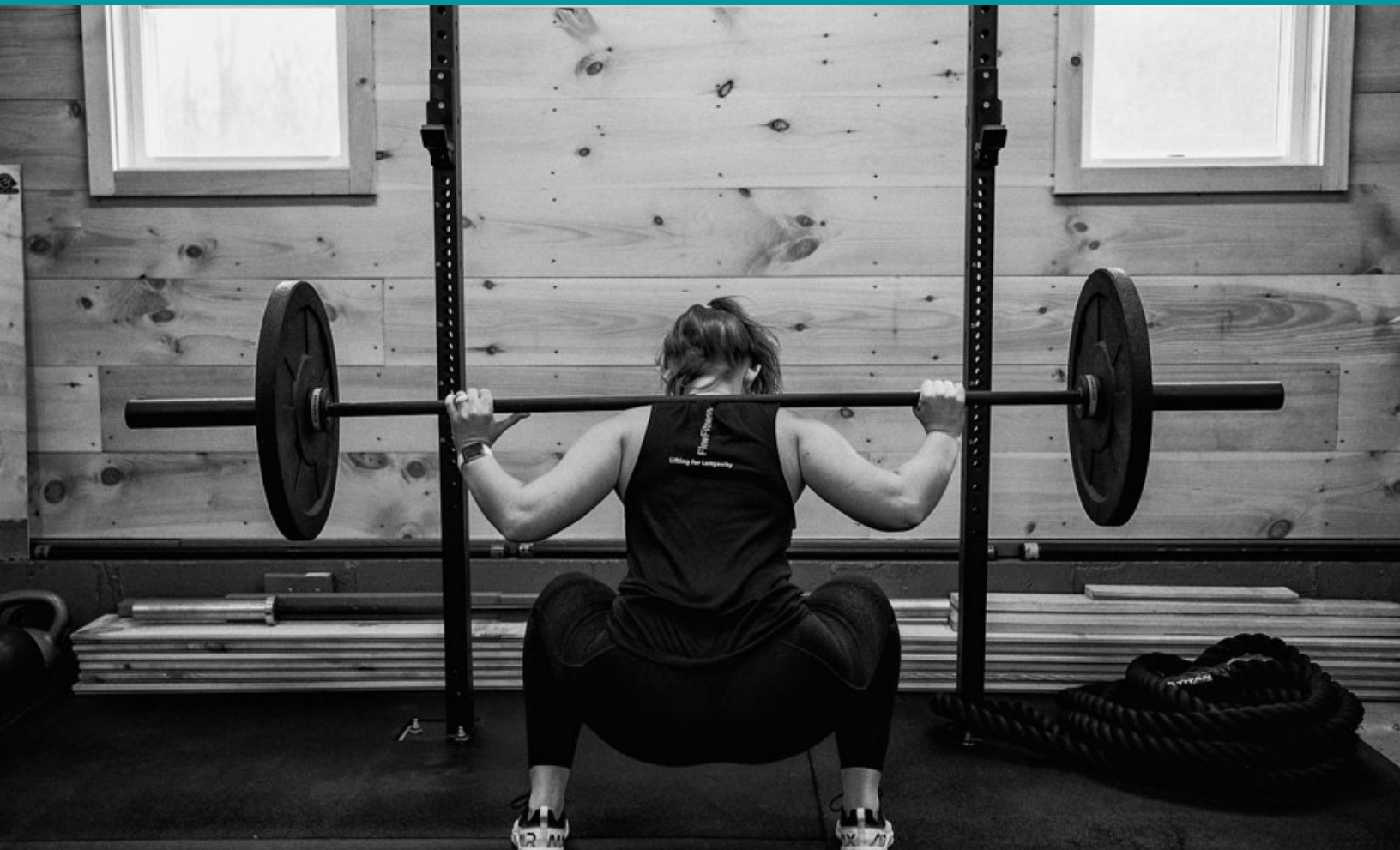
Flow Fitness At Home is the virtual component of Flow Fitness. It is a self paced, monthly fitness program. I will provide you with custom workouts that you will complete at home, on your own time- no equipment necessary! In the following pages you will find 4 programs to choose from.

Once you decide which package best fits your needs, we will schedule our consultation call! If you have any questions, please reach out to me at any time!! I am so excited to be a part of your health and fitness journey!

THE FRESH START

- 30 minute virtual consultation with me
- 8 completely customized workouts (2/week), specifically created to help you meet your health goals
- How- to videos provided to ensure you're comfortable with your programming
- Self paced schedule
- Weekly check ins
- Access to me via text or phone at any time

\$100



COACHES CHOICE

- 30 minute virtual consultation with me
- 12 completely customized workouts (3/week), specifically created to help you meet your health goals
- How- to videos provided to ensure you're comfortable with your programming
- Self paced schedule
- Weekly check ins
- Access to me via text or phone at any time

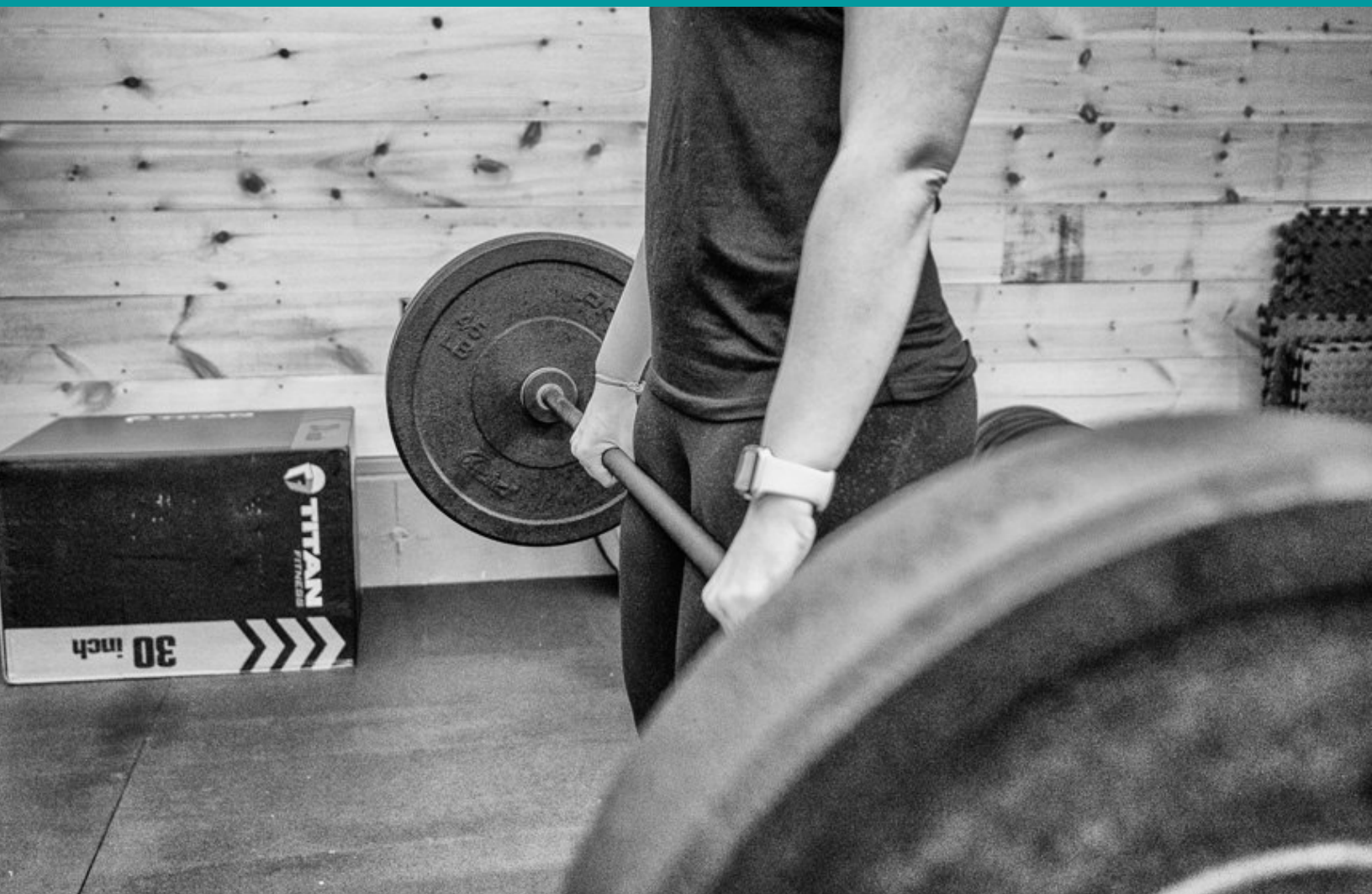
\$120



THE CHAMPION

- 30 minute virtual consultation with me
- 16 completely customized workouts (4/week), specifically created to help you meet your health goals
- How- to videos provided to ensure you're comfortable with your programming
- Self paced schedule
- Weekly check ins
- Access to me via text or phone at any time

\$140



THE WARRIOR

- 30 minute virtual consultation with me
- 20 completely customized workouts (5/week), specifically created to help you meet your health goals
- How- to videos provided to ensure you're comfortable with your programming
- Self paced schedule
- Weekly check ins
- Access to me via text or phone at any time

\$160

