



PRE-RECORDED WORKOUTS

EMAIL US TO GET STARTED: iheartfitchics@yahoo.com

\$10 per workout (* 3 workout minimum purchase)	
Each workout is 45 minutes and includes a dynamic warmup and cooldown. Your choice of HITT, Strength, Cardio. Or choose a combination HITT or Cardio plus Strength.	\$30

A successful weight-loss program includes healthy food and beverage choices and 5-7 days of physical activity for a minimum of 20-30 minutes. For the best results you are strongly advised to complete a minimum of three days of exercise along with food and beverage tracking for a daily caloric deficit. A commitment of three months is recommended but not required.

- Videos will be sent via email
- Invoice will be emailed and must be paid before the videos are provided
- Payment by debit or credit card
- Payments are due upon receipt of the invoice
- No refunds

Are you ready?! Send us an email to get started!

We look forward to sweating with you!



Contact Information:

iheartfitchics@yahoo.com

Patrice Kelley, CPT 504.559.3935

Thanica Gordon, CPT 504.609.0768