



**NOT GETTING THE
RESULTS YOU WANT?**



**\$65 FIVE WEEK COACHING PROGRAM
CUSTOMIZED WORKOUTS &
1 ON 1 COACHING**

WORKOUT SMARTER, NOT HARDER!

1 on 1 Coaching

During a 30 minute personal trainer consultation, we will design a plan to maximize your results.

Training

Our personal trainer will guide you through your workouts to teach proper form and technique.

Workout Routine

You will receive a customized 5 - week workout routine tailored to your goals.

CONTACT US TO GET STARTED TODAY!

- Email: fitness@alodiaconsulting.com
- Visit: alodiafitness.com
- Call: 281-255-2552