



# NEW YEAR, BETTER YOU

## NEW YEARS PROGRAM

WITH COACH BRIDGETT

- ✓ 1:1 Goal-Setting Call with Bridgett
- ✓ 1:1 Nutrition Coaching for 2 months
- ✓ Coach Bridgett's App - needs to be purchased outside of program (\$60 for 2 months)
- ✓ 2 months of unlimited virtual fitness classes
  - 3 Live on Tuesdays and Thursdays(7:30pm EST) and Sunday (10am EST)
  - Over 400 recorded workouts to follow along with
- ✓ Facebook Community for extra support, learning, and accountability
- ✓ Weekly community call
- ✓ Sample kit of Helpful Supplements for your journey (\$60)

**WINNER WILL RECEIVE:  
AN AIR FRYER, NINJA CREAMI, OR  
\$150 GIFT CARD THEIR CHOICE!**

**\$600 VALUE, NOW  
ONLY \$300!**

### NEEDED EQUIPMENT

Room to Move (at least 5 feet of space)  
Yoga Mat  
Something to step up onto that is solid  
(chair, stair, plyo box)

**Beginner Females:** set of 5lbs, 10lbs and 15lbs dumbbells

**Intermediate Females:** set of 5lbs, 15lbs and 20lbs dumbbells

**Advance Females:** set of 5lbs, 20lbs and 25lbs dumbbells

**Beginner Males:** set of 5lbs, 15lbs and 20lbs dumbbells

**Intermediate Males:** set of 10lbs, 20lbs and 25lbs dumbbells

**Advance Males:** set of 10lbs, 35lbs and 50lbs dumbbells

**SIGN UP TODAY**

📞 561-849-4636

🌐 [www.playmyhoa.com](http://www.playmyhoa.com)

**Registration Closes: 12/27/2024**  
**Kickoff Date: 1/1/2025**  
**Last Day: 2/28/2025**