

# FIGHT LIKE HELL FITNESS

HELLO,

We are your local experts in personal and group training as well as nutrition coaching. Here to help you bridge the gap between what you need and want in your overall health and wellness goals

**NUTRITION  
COACHING**

**&**

**PERSONAL/GROUP  
TRAINING**

**CONTACT**

US NOW



719.640.7884



<https://forms.gle/Uumhobsm7XRmCycg9>



FLHF\_Bridgett

[www.fightlikehellfitness.com](http://www.fightlikehellfitness.com)

## WE OFFER

### **TIER 1: \$1,100 MONTHLY (\$75 GIFT CARD ONCE)**

- \*1st Phorm App (\$12.99 monthly out of your app store)
- \*Group Training Live 3 Times a week or On Demand on your time
- \*8 week Foundation exercise plan from FLH Training App
- \*Personal Training 2x/week
- \*Personalized Macro Adjustments
- \*Live Education
- \*Fitness Community in Facebook
- \*\$75 Gift Card towards supplements to help you on your journey

**1**

### **TIER 2: \$317 MONTHLY**

- \*1st Phorm App (\$12.99 monthly out of your app store)
- \*Group Training Live 3 Times a week or On Demand on your time
- \*8 week Foundation exercise plan from FLH Training App
- \*Fitness Community in Facebook

**2**

### **TIER 3: \$12.99 MONTHLY**

- \*1st Phorm App (\$12.99 monthly out of your app store)
- \*Fitness Community in Facebook

**3**

\*\*\*All 3 Tiers enter you into 4 - 8 week challenges, all challenges have a chance to win \$50k!!!

**LET'S DO THE DAMN THING!**