

Corona Fulfillment

Service

- Live Workouts 9am and 6pm Each Day, Monday - Saturday
- Nutrition Group + Course
- **Ultimate Results Only** - 1 on 1 Accountability/Nutrition Calls Self Book
- Talks on Nutrition, Specialty Fitness

Accountability

- Handwritten Note 1x Per Month
- Phone Call Reach Out 1x Per Month
- Text or FB Message 1x Per Week

Community/Events

- Jackbox 1-2x Per Week
- Talent Show