

# Kelly Stryker's

## 90-Day Fitness Challenge

Work with a buddy or join individually to break bad habits to good health, lose weight, and gain strength and power to pass your PT test or just to get healthy and feel great!

### Monthly Assessments

### Programs Designed to Meet Your Goals

8 Personal Training Sessions  
2 Day Meal Plans and Recipes  
Log Meals & Exercises on App, Plus On-line Training  
Get support and educated daily by Kelly

Value of \$590

2/\$348

Each \$174 monthly

## Challenge Yourself

VALUE \$354

6 sessions a month for \$152 and all the other add ons.

Call Kelly for more details



Call or text

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Email

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Website

[www.Strykerfit.blogspot.com](http://www.Strykerfit.blogspot.com)

