



JANUARY 12

REAL FIT MOMMAS CHALLENGE!

Challenge will Include:

Weekly Workouts led by Jessica Olson, Weekly Meal Plans, Weekly Discussion, Online Support from Jessica Olson (Certified Personal Trainer & Fitness Nutrition Coach), and much more!

Contact Jessica Olson for more information or to join:

Jessica@thefitfix.net

763-360-4453



**The Fit Fix
Presents:**

**Real Fit Mommamas
Challenge!**

**8 Week Fit
Challenge for all
you busy Mommas
out there that
want a fun group
to get Fit with!**

**Let's Trade those
diapers for
dumbbells once a
week and have
some fun!**

THE FIT FIX

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Oak Grove, MN 55004

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Thursday Evenings 6:15
01/12/16 - 03/02/16