

#FIT4LYFE

NOVEMBER 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Gosh!!! It's already November!! Are you ready to LOCK-IN this month – at least until the holidays begin ☺! Nutrition. Workouts. Sleep. Mental Health. Let's make this month count...						1 9:00am StepNTone
2	3 6:00pm BodyCamp	4	5 6:00pm CardioBlast	6	7	8 9:00am StepNTone
9	10 6:00pm BodyCamp	11	12 6:00pm CardioBlast	13	14	15 9:00am StepNTone
16	17 6:00pm BodyCamp	18	19 6:00pm CardioBlast	20	21	22 NO CLASS!!
23	24 6:00pm BodyCamp	25	26 NO CLASS!!	27 Happy Thanksgiving!!	28	29 9:00am StepNTone
30			Unlimited Month...In-Person \$70... Virtual...\$50			

Virtual Class Fees!

Unlimited Month - \$75

Cards expire 45 days after purchase

12 class card - \$88

8 class card - \$70

DROP IN - \$10

Payment methods available:

CashApp: \$LashandaTalbert

Zelle: 202-253-9064

Remember calories do matter...if your desire is to lose weight, you must make sure you are eating in a caloric deficit!!

Water! Water! Water! Don't forget to drink your water ☺ Workout tip: eat protein and carb 30-90 mins prior to working out...and 30-90 mins after working out...Let's prioritize protein!!

In-Person Class Fees!

Unlimited Month - \$100

Cards expire 45 days after purchase

12 class card - \$120

8 class card - \$96

DROP IN - \$15