

**YOUR ONLY LIMIT IS YOU.**

Dear Future Client,

Stay Fit Stay You and the Fit Box is something I wanted to bring to my friends, family, community, and anybody wanting to find a way to get through their days, weeks, months, and even years. As we start a journey together I wanted you to know that you can achieve any and all of your goals. Stay Fit Stay You will show you that through mental strength, power, and positivity, the limits you can reach are unbelievable. I'm looking forward on starting this journey with you as an individual, family, team, community, youth, and leader.

**Stay Fit Stay You**

610-587-3955

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

[contact@stayfitstayyou.com](mailto:contact@stayfitstayyou.com)



**Check us out online and on social media for group class schedules.**



PROTECTED BY U.S. PATENT & OTHER U.S. FOREIGN PATENTS PENDING

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**FITNESS  
PACKAGES**

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**CORPORATE TEAM GROUP**  
**EVENTS**  
**YOUTH TRAINING**

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## TRAINING PACKAGES

With our training packages we can make daily, weekly, or monthly visits to your house or location near you. We will set up and start a custom program for you and your family. Set up your first session so we can get you started on reaching all your goals.

*\*\*We offer at home sessions or sessions at a location near you.  
Dual sessions are also available for you and your family.*



## GROUP PACKAGES

Grab a group of friends or family, set a date with a location, and we'll be there. Get a great workout in while having fun, enjoying each others company, and becoming a healthier you! Your goals are our goals!

*\*All sessions include introduction with 45 minute training.  
\*\*Pricing available upon request with participant discount rates.  
\*\*\*Class schedules posted on social media and online.*



## EVENT & CORPORATE PACKAGES

Book us and we'll come to you for that special event or employee workout. Competing and having fun around the Fit Box is a great way to stay active. We can run multiple sessions for adults and kids at any fitness level.

*\*Multiple event discounts available.*

## TEAM & CAMP PACKAGES

Team training is a way we can provide a team building experience with any and all athletes. We come to you and provide a program that will best help you and your team in any specific sport. With a pre and post team building discussion we get to know your team along with coaches.

*\*Open camps are posted on social media and online.*



## YOUTH PACKAGES

Kids will learn proper techniques in speed, agility, quickness, and strength training. We also have a brief discussion on good healthy habits and most importantly fun! Fitness and activity has no age limit so let's take the energy and use it in the best way.

*\*Pricing available upon request with participant discount rates.  
\*\*Class schedules posted on social media and online.*

## TRAINING & NUTRITION

Check us out online for class schedules and indoor or outdoor training. We make everything possible with us coming to you or using the indoor facilities. We also offer online training on our mobile app. Contact us today to start your journey.

Our indoor locations are located at Exeter Fitness and Wyomissing Fitness in the Berks County area.

*\*Class schedules posted on social media and online.*

