

WHAT IS BODY WELL?

An 8-week mom-only program that includes weekly workouts, group accountability, nutritional guidance, recipes, and weekly challenges to help you improve your physical, mental, and emotional well-being.

Body Well is tailored to your individual goals, guided by a certified coach, and powered by the support of other moms who will be alongside you every step of the way.

PROGRAM FEATURES

- 2 workouts per week (unlimited for monthly members!) with the flexibility to attend whichever classes best suit your schedule
- Complimentary access to FIT4MOM On Demand
- Dedicated coach for 1:1 guidance and accountability
- Fitness assessments and progress tracking
- Food journaling, recipes, and nutrition support
- Individual, SMART goal setting with regular check-ins
- Midpoint group gathering to put your learnings to use —more details to come! 😊