

# TotalFit by Aptitude

*The Exclusive Transformation Program of Aptitude Fitness*



**ACHIEVE YOUR FITNESS GOALS WITH COMPREHENSIVE SUPPORT, CUSTOM NUTRITION, AND EXPERT COACHING**

## **TRANSFORM YOUR LIFE WITH TOTALFIT BY APTITUDE**

TotalFit by Aptitude offers an exclusive transformation program designed to support you through every step of your fitness journey. Experience a comprehensive approach to fitness that ensures you achieve and maintain your goals.



**INCLUDES:**

- **A Private Coach to Support You Throughout Your Entire Transformation**
- **Weekly Private Personal Training Session** to focus on specifics
- **Group Training Sessions 2-3 Times Per Week** to burn fat and build muscle
- **Custom Nutrition Program** based on your goals and preferences
- **Weekly Goal Setting and Tracking with Your Coach** to avoid plateaus
- **Scheduled Body Composition Measurements and Recalibration** to stay in momentum
- **Weekly Movement Plan** to keep your metabolism burning
- **Homework Designed for You by Your Coach** to keep you accountable (steps, food pics, activities, etc.)
- **Coach's Pro Tips Pack** to use if you need it: Done-for-you meal plans, at-home workouts, restaurant ordering system, traveling on track tips, meal prep guide, and more!

## **WHY CHOOSE TOTALFIT BY APTITUDE?**

- Personalized coaching and support from experienced fitness professionals
- Tailored nutrition plans to fit your unique needs and preferences
- Continuous progress tracking and adjustments to ensure steady improvement
- A variety of training sessions to keep your routine engaging and effective
- Comprehensive support materials to help you stay on track no matter where you are

  
**APTITUDE**  
BE STRONG. BE CONFIDENT.

**ALL OF THIS,  
FOR ONLY \$69/WEEK!**

The length of the program depends on your goals and starting point. Enroll today and schedule your exclusive Blueprint™ consultation to start your transformation journey!