

a.m.

6 - WEEK STARTER

METHOD

FAITH | FITNESS | NUTRITION | MINDSET

NEW CLIENTS

JUST
\$15

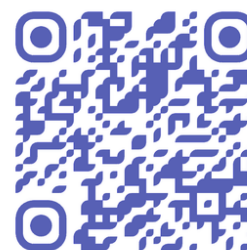
FOR 6 WEEK
ACCESS



Down
over
150lbs

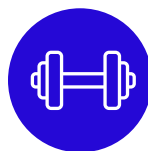
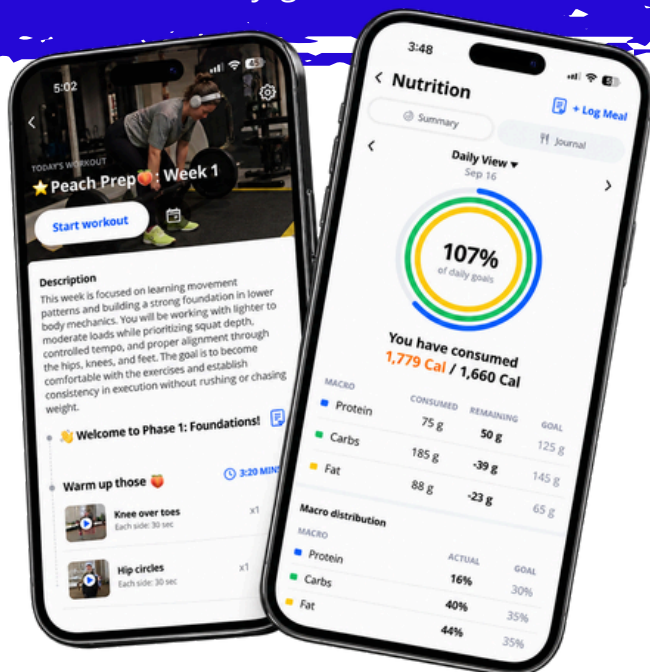


**TAKE CARE OF
THE BODY
GOD GAVE YOU!**



Tired of starting over every Monday?

The **A.M. Method 6-Week Starter** is your chance to stop overthinking weight loss and actually get started with a structured plan you can follow in real life.



**STRUCTURED
6-WEEK
TRAINING PLAN**



**EXERCISE
DEMOS**



**REALISTIC
NUTRITION**



**PROGRESS
TRACKING**



**PRIVATE GROUP
CHAT**



**MINDSET &
MOTIVATION**



**DAILY
SCRIPTURE**



**30-MIN CALL
W/ AUTUMN**

you dont have to do this alone

JOIN NOW FOR JUST \$15

Stronger
Healthier
Confident



Rozinah



CERTIFIED PERSONAL TRAINER
NUTRITION COACH | HEALTH COACH

FITNESS & NUTRITION

Coaching for Women

BUILD STRENGTH • CREATE HEALTHY HABITS

FEEL YOUR BEST



PERSONAL
TRAINING



NUTRITION
COACHING



HEALTH
COACHING



LIFESTYLE
SUPPORT

I Work With Women Who...

- ✓ Want to get stronger & feel more confident
- ✓ Need simple, sustainable nutrition habits
- ✓ Are beginners (no experience needed)
- ✓ Don't have fancy equipment (just real life)
- ✓ Want guidance, encouragement & a plan that fits their life

Progress
Not
Perfection



REAL SUPPORT

REAL PLANS

REAL RESULTS

Healthy
Choices
Big
Results

10 LB



Plan
Prep
Train
Nourish
Grow



STRONG
WOMEN
BUILD
STRONG
FUTURES



Call for a
CONSULTATION!

GET STARTED TODAY!

PROGRAMS START AT

\$45 PER SESSION

Flexible
Options &
Packages
Available!



rozinah@aurisefitness.com



434-287-0767

PERSONALIZED PLANS ♥ REAL SUPPORT ♥ LASTING RESULTS