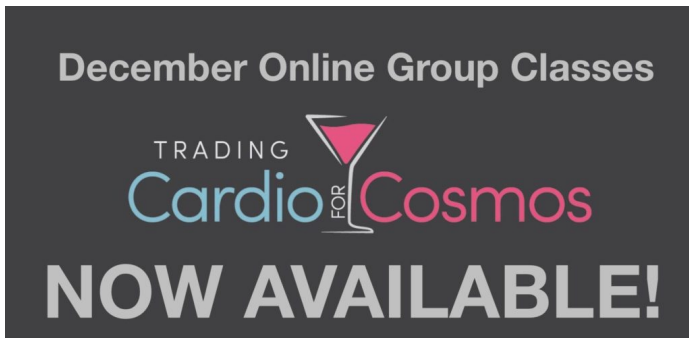


Trading Cardio for Cosmos December 2016 Class Schedule!



We are so excited to continue offering Online Group Classes this December, and we've created two distinct classes to help you succeed in your weight loss and wellness goals!



]

ONLINE GROUP CLASSES

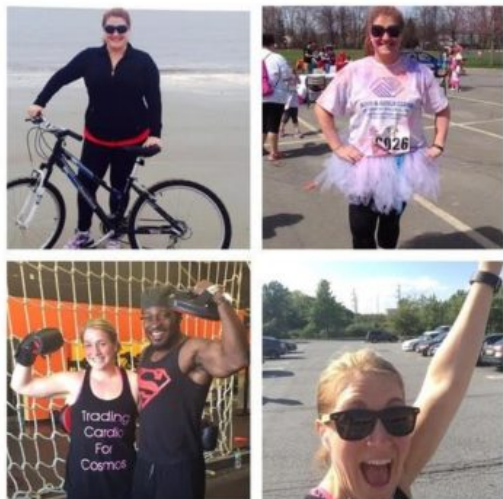
We will continue to offer an online group class on Tuesdays in December. This 3-week course includes:

- Three 45-minute coaching sessions that are recorded so you can listen over and over
- Live Facebook Chat in a private Facebook Group
- Access to replays from the live Facebook chats
- Access to Closed Coaching Facebook Group. Receive continued motivation and behind the scenes tips!
- An email the day after each class with additional resources, recipes & tips. These emails will continue to assist you on your weight loss journey for additional support and motivation.
- Insider exclusives only for coaching group members!

Topics for this class include:

- How to Entertain Healthy
- How to Manage Social Situations & Stay On Track
- Healthy Travel Tips
- Communication and Family Dynamics
- Handling Unwanted Weight Loss Advice

- Managing Emotional and Stress Eating
- How to Stay Motivated
- Shaking Up Plateaus
- Getting Back on Track and Recovering Your MojoRegistration is available at [HERE!](#)



4-DAY ONLINE WELLNESS BOOTCAMP

This weeklong bootcamp will run December 26-30, 2016 and is the perfect way to jumpstart your New Year! The bootcamp includes:

- Four, 30-minute coaching sessions that are recorded so you can listen over and over
- Two Live Facebook Chats in a private Facebook Group
- Access to replays from the live Facebook chats
- Access to Closed Coaching Facebook Group. Receive continued motivation and behind the scenes tips!
- An email with the audio for additional resources, recipes & tips. The 4 emails will continue to assist you on your weight loss journey for additional support and motivation.
- Insider exclusives only for coaching group members!

Topics for Bootcamp include:

- Goal Setting
- 8 Characteristics of Successful Weight Loss
- "Eat This, Not That"
- Grocery Shopping for Weight Loss
- Menu Planning & Meal Prep
- Going From Couch Potato to FitThis class is valued at \$120 and is being offered for the early-bird price of \$37. Registration is available **HERE!**

With any questions, please do not hesitate to contact us!

We can't wait to share these new classes with you!

-Alexis