



Heart, Body and Soul

With

Brittany Todd & Lauren Davis

Metabolic Training, Yoga, Life Coaching

- Meet once a week for 1 $\frac{1}{2}$ hours
- 6 one on one trainings
- Different themes each week
- Handouts
- Group Synergy
- Accountability

Jump-start your way to health in this amazing 12-week program

Monday evenings 6- 7:30

\$250

Begins March 10th

February 26th Open House/ Meet & Greet

BBalanced Fitness and Nutrition

263 Commerce Dr. Suite #107 Pawleys Island, SC

(843) 833-1998



Brittany Todd is a personal trainer, yoga instructor and life coach. She was a NCAA athlete and has been involved in fitness and wellness since she could walk. Brittany has been a personal trainer and yoga teacher for almost 8 years, and life coach for 4 years. She is currently enrolled in a masters program for Clinical Counseling & Psychology.



Lauren Davis is a yoga teacher and personal trainer. She has been teaching yoga for almost 20 years and was a personal trainer for more than 10 years. She created a strength training program for seniors at the YMCA in Berkeley, CA.