FIRST STEP PROGRAM

CONFIDENCE. STRUCTURE. SUPPORT.

First Step is a 5-week program with a certified personal trainer designed to motivate, educate and provide the accountability you need to build healthy fitness habits.

5 WEEKS FOR $50

• In-person 30-minute Personal Training Program, 2x Per Week for 5 Weeks
• 35-day Brick Bodies Membership
• Learn the Skills You Need to Work Out Independently Using a Variety of Cardio and Pin-loaded Machines
• Motivation and Accountability