

## MEMBERSHIP OPTIONS

Choose the plan that's perfect for you.

- 12-month. \$99/annually. 30 days risk-free.
- 6-month. \$77.70/semi-annually. 30 days risk-free.
- 3-month. \$59.85/quarter. 14-day free trial.

## WHAT YOU GET

- Online access to proven fitness programs designed for every body type and fitness level. This includes hundreds of workouts that have helped millions of people transform the way they look and feel.
- Instant streaming access to 1,500+ Beachbody workouts through any laptop, tablet, smartphone, or TV

- Yoga, cardio, dance, strength, resistance training, and more!
- Workout calendars and progress trackers

## **NUTRITION**

- Easy-to-follow program meal plans
- Meal prep tips
- Hundreds of delicious recipes

## **CHALLENGE PACKS**

If you are just beginning and want the full experience, a challenge pack is the way to go. Challenge Packs vary on each individual need. They will give you an overall nutrition and fitness balance. There are also challenge packs based on specific programs where you will receive equipment needed for them along with

great Beachbody nutritional guides as well.

Ask your coach for more information on these to find what is best for you!

<https://www.teambeachbody.com/shop/enrollment?referringRepID=2504862>