



About Becky

With a heart full of passion for wellness and over 21 years of experience in the fitness industry, and a proud owner of Bulletproof Wellness Studio.

Specializing in personalized training and nutrition coaching for those aged 40 and above.

My mission is to inspire and empower each individual to prioritize their health and well-being.

I am dedicated to guiding my clients on a journey of self-discovery and transformation, helping them lead happier and healthier lives filled with vitality and joy.



About Angela

She is a Nutritionist, she specializes in creating awareness in nutrition tailored to individual needs, goals, and lifestyles. Angela excels in nutritional assessments, goal setting, education, supplement recommendations, support, monitoring, and improving health and well-being.

Her holistic approach empowers clients to develop healthier eating habits for lasting results. have been a fitness professional for 12 yrs. My focus is on helping people to feel confident with their bodies and habits.



www.Bulletproofwellness757.com
6350 Center Dr
Building 5, Suite 115
Norfolk, Va.23505

BULLETPROOF WELLNESS STUDIO

Helping 40+ with Weight Training or
Equipment and Nutrition Coaching

Transform Your Fitness Journey!

Unique and Fun Workouts
Await you!!

Strength in Numbers Small Group Weight Training Classes

What We Offer: 30-minute weight training classes designed to boost strength and mobility.

First 2 Classes free

Cost:

1 Class \$30

8 Classes \$150

Unlimited for **\$199**

Must reserve a spot!

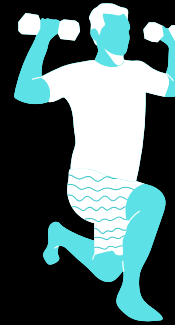
Partner Strength Training Sessions

Workout with a Friend:

Enjoy the benefits of training together for added motivation!

Cost: Just \$80 for one session.

**Personalized
Fitness Plans:
Tailored sessions
focused on your
individual goals
and needs.**



Private One-on-One Training

Expert Attention:

Work with a dedicated trainer to ensure safe and effective workouts.

What are your goals?

Are you on track to achieve them?

Free Consultation

Discuss your fitness aspirations and how we can help you reach them.

*Prices vary based on services offered

PACKAGES VARY:

\$50 to \$100

Online Coaching

Monthly workouts Only
\$100

Monthly Nutrition Only
\$150

12 Week Fitness Program Monthly \$199

Comprehensive Approach:

Enjoy monthly workouts that evolve with you, ensuring continuous progress and motivation.

Nutritionist

Holistic Health Support

Consult with our nutritionist to develop a balanced eating plan that complements your fitness goals.

Join Us at Bulletproof Wellness!

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Let's Get Started on Your Transformation!

Contact Us Today to Reserve Your Spot!