



AHT AHT! 2023 Fitness Goals....GET IN HERE!

What's stopping you from reaching those 2023 fitness goals? LOUD RUMOR FITNESS partners with you and your fears, embracing them so you can begin meeting your new years' fitness goals in the next 2 weeks!

How can LOUD RUMOR achieve this? I mean, you've already made countless resolutions, consulted with specialists, and you've tried everything that the clock app, blue app, and the bird app told you to, what's next? LOUD RUMOR FITNESS meets you where you are or have been in your consistency, discipline, or lack thereof. We show up for you in the times you just....cannot.

LOUD RUMOR FITNESS has all weather workouts, whether you prefer indoor or outdoor spaces and can easily pivot your workouts to accommodate the forecast or.... your mood. Our trainers come from all types of backgrounds and highlight inclusivity in their workout styles so that each session is personalized and caters to every body type and diet. From beginner fitness goals to the " never skip leg day" crew, we got you!

LOUD RUMOR FITNESS also is a NO NEGATIVITY zone. We believe in making sure that your mind changes right along with your body. It's the only way that this works. The way you think can affect the effectiveness of your workout, and your wallet. We charge \$1 every time you body shame or speak negatively about yourself....SO PUT YOUR MONEY WHERE YOUR MIND IS!

LOUD RUMOR FITNESS is partnered with an entire network of medical specialists and dietitians to curate what we like to call "Progressive Plate Plans" to accompany membership. We know that getting moving is only half the battle. What goes inside of your body can make or break your 2023 fitness challenge! Our plans feature affordability with plans starting at \$50/week!

Your 2023 fitness goals are no challenge for LOUD RUMOR FITNESS! Sign up NOW for you AND a guest to experience 2 weeks of FULL ACCESS to our gym, trainers & classes FOR FREE! Tap this link NOW to register: [WWW.LOUDRUMORFITNESS.COM](http://WWW.LOUDRUMORFITNESS.COM)

LOUD RUMOR FITNESS wants to work out those 2023 fitness goals! Join now for a FREE 2 weeks of FULL ACCESS to our gym, trainers & classes! Tap this link NOW to register:  
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