

# LET'S STAY CONNECTED

Save my contact for easy access anytime. If a friend, neighbor, or coworker is looking to get started, I'd love for you to share my info!



**Mitch Holland**

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[fitbymitch.com](http://fitbymitch.com)



# FITNESS FIT FOR YOU

INTRO SESSION

**\$70**

(NEW CLIENTS ONLY)

## SERVICES OFFERED

- Strength Training
- Mobility & Flexibility Training
- Nutrition Guidance
- Progress Check-Ins
- In-Gym, Home,  
& Outdoor Training



**SCAN THE QR CODE  
TO LEARN MORE!**



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