



TEACHME, LB VIRTUAL WORKOUTS

To Register:

Want to get started September 1? Get on our list NOW ((pay before 11:59pm on August 31st and get an extra free workout!)) To register: use one of the forms of payment in the box on the right. Make sure you include your email address in the notes so we know where to send the workouts each week!! Email me with questions: liza@teachmelb.com



TeachMe, LB
Virtual Workouts

\$15/month

2 New 45 min
YouTube
Workouts/Week to
Your Inbox

***Plus a freebie Friday**
for all

That's
\$1.25/workout!!

Includes a coupon
for in-person
workouts!

TEACHME, LB
Payment Accepted:

Venmo:
Liza-Schramm

Zelle:
Liza.baumgartner@gmail.com