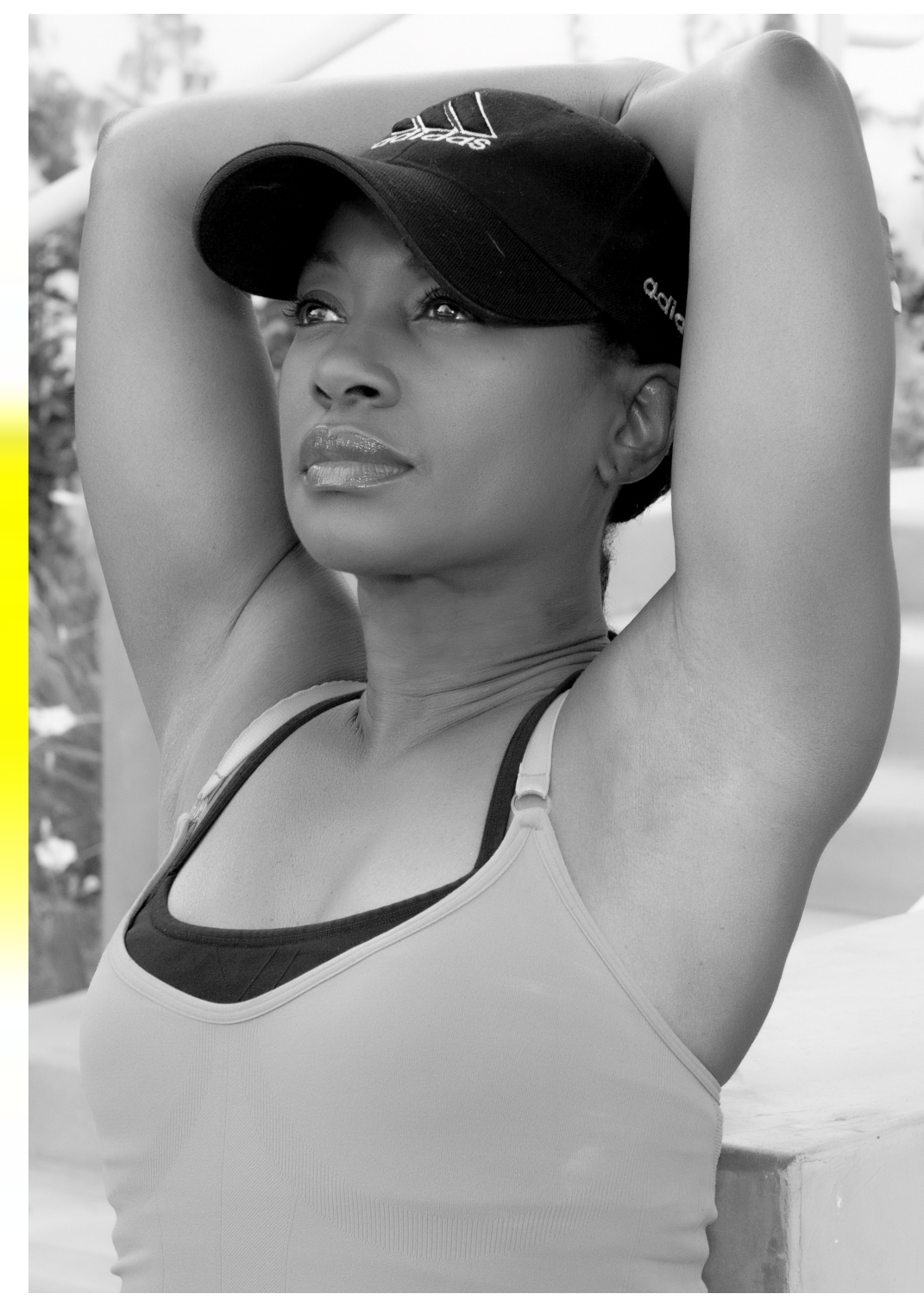




REGINA'S GET FIT PLUS

"CHANGING PEOPLE'S LIVES ONE WORKOUT AT A TIME."





REGINA WILLIAMS

Teacher/Dancer/Choreographer

The former owner of Regina's Studio of Performing Arts pioneered and implemented hip-hop dance instruction in dance studios worldwide.

Now, the creator of **Get Fit Plus.**



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Get Fit Plus

is a global one-hour online live fitness program with personal and detailed instruction.

Our classes are a combination of cardio-conditioning, strength training, and flexibility training focusing on core and technique.

We inspire clients to live a healthy lifestyle through fitness and nutrition.

Get Fit Plus has a passion for helping clients define their strengths, which boosts confidence and enhances their well-being.



Get Fit Plus currently has a 98% retention rate. Clients include former dancers and women over 40 seeking healthy, immediate weight loss with non-boring workouts within a compelling community.

The Product

Go to
reginasgetfitplus.com

Get Fit Plus has
3 products
to choose from

Sign-up

Private Classes

- Private sessions for clients who want to train one-on-one with a coach.
- One-hour intense workouts available two or three times a week.
- Private consultations focusing on the client's fitness progression and well-being.

Select a class

Get Fit Plus 90 day Challenge

- Three private weekly workouts and a detailed nutrition plan designed for a client's dietary needs to help jump-start their fitness journey.

Group Classes

- One-hour Hiit workout geared to a variety of clientele.
- Fun classes with upbeat music.
- A safe online community.
- After-class discussions to review each client's technique, growth, and concerns.



With over 20 years of teaching experience, I created **Get Fit Plus** to provide one-on-one fitness sessions live, giving direct instruction designed for each client with an after-class discussion to review their technique, growth, and concerns.

I teach because I have a **passion** for people longing to live a better lifestyle through fitness and nutrition. I'm the taskmaster of fitness with a **self-care** approach, leaving my clients **self-assured, motivated**, and on a successful and safe fitness journey.

There is no quick fix for the ultimate fit body, but with **Get Fit Plus**, you will achieve your fitness **goals**, stay lean and be in the **best** shape of your life, mentally and physically.