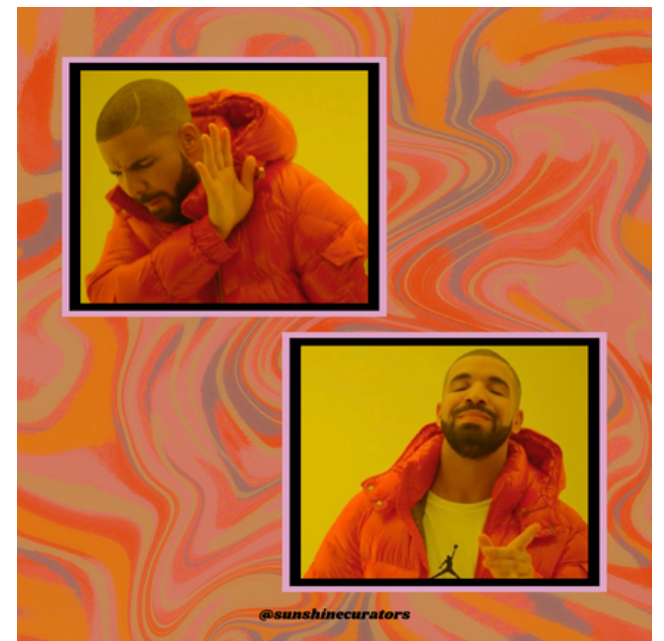


KRISTEN STURDIVANT

**CREATIVE PORTFOLIO:
SOCIAL MEDIA GRAPHICS**



10
STATIONS

45
SECONDS
WORK

15
SECONDS
REST

F45 PLAYOFFS

ORLANDO, FL
F45 NONA

25 JUNE 2022 | 10 AM

THE ULTIMATE TEST OF FITNESS

F45

4x / Biweekly Membership
\$60 / bi-weekly

- 8 Sessions per month
- 1 Free InBody scan
- Cancel any time with 28 day notice

BEST VALUE

Unlimited Membership
\$85 / bi-weekly

- Unlimited sessions
- Just \$8 per session
- 3 Free InBody scans
- Access to the F45 Challenge app with meal plans, goal tracking, etc.
- Cancel any time with 28 day notice

TEAM TRAINING ★ LIFE CHANGING

KEEP GOING

YOU'RE GETTING STRONGER EVERY DAY

F45

SWAMP TOWN

SOFT OPENING:
08 · 13 · 22

GRAND OPENING:
08 · 20 · 22

JULY CLIENT REFERRAL PROGRAM 2022

THE DETAILS

- Refer a friend to F45
- If your friend signs up for a membership, receive a raffle ticket and be entered to win an F45 cooler and case of Celsius
- Each additional membership = an extra ticket.
1 = 1 ticket
2 = 2 additional tickets

10 · 01 · 22

10 STATIONS

45 SECONDS WORK

15 SECONDS REST

HOSTED BY:

UNION PLACE RESIDENCE

JOIN F45 NOMA FOR AN

OUTDOOR BOOT CAMP

11.12.22 | 10 AM

LOCATED IN THE UNION PLACE RESIDENCE COURTYARD. FREE TO RESIDENTS!

MIMOSAS TO FOLLOW BOOT CAMP!

F45 NOMA

F45 CHALLENGE

ELEVATE
OCT 24 - DEC 17

INFO SESSION

10.24.22

7:15 PM

EVERYTHING YOU NEED TO KNOW ABOUT THE 8 WEEK CHALLENGE! SEE YOU THERE!

F45 HORIZON WEST

TEAM TRAINING ★ LIFE CHANGING

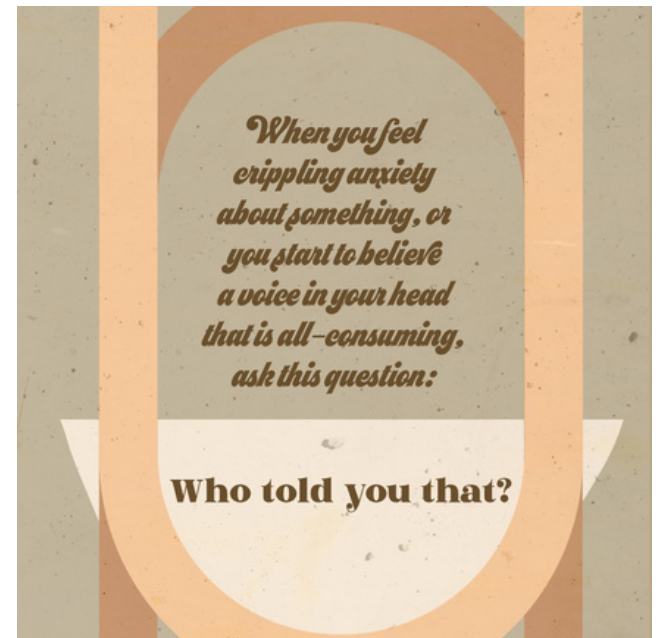
F45 SWAMP TOWN

REGISTER FOR A FREE 3 DAY TRIAL

*VISIT THE F45 SWAMP TOWN BOOTH ON 09.25.22 AT THE FLORIDA BRIDAL EXPO TO SIGN UP

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INNOVATION • MOTIVATION • RESULTS



SUNSHINE CURATORS, LLC

Holiday Savings

\$50 OFF

Full-Priced Instagram Audits
(REGULARLY \$350)

ONLY APPLIES IF PURCHASED TODAY
11.26.2021

click here to inquire + book

TRUE OR FALSE

Custom visual design can help build your brand's legacy.

True False

Leave your thoughts in a comment below

↓

@GEN6MKTG

HOLIDAY SHOPPING CHECKLIST

- Seek out small businesses
- Shop local businesses
- Support business owners

@KRISTENSTURDIVANT

NEW PODCAST EPISODE

BUBBY

CHORDS AND COURTS

SEAN CAVANAUGH

▶▶▶

INSPIRATION

SURROUND YOURSELF WITH THE THINGS THAT MAKE YOU FEEL ALIVE

A CREATIVE WOMAN SHOULD FEEL

empowered

WITH HER MONEY.

@_JILLIANTODD

✘

INSTEAD OF

✔

TRY THIS

@GEN6MKTG

INSERT TEXT HERE

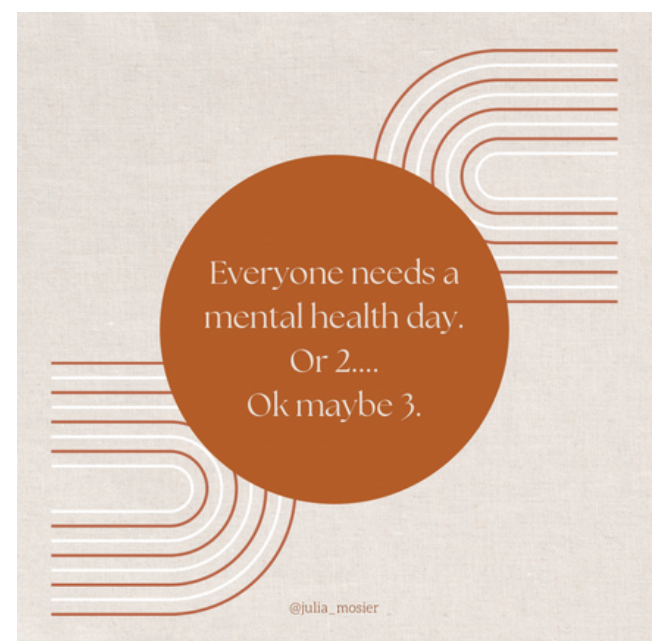
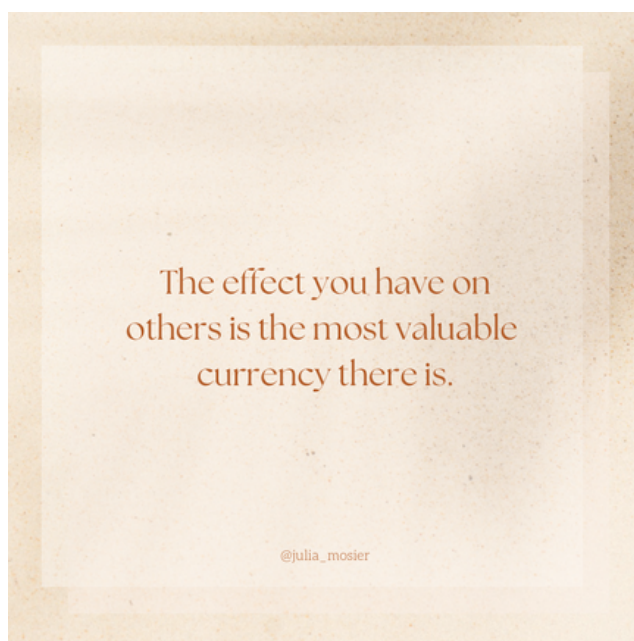
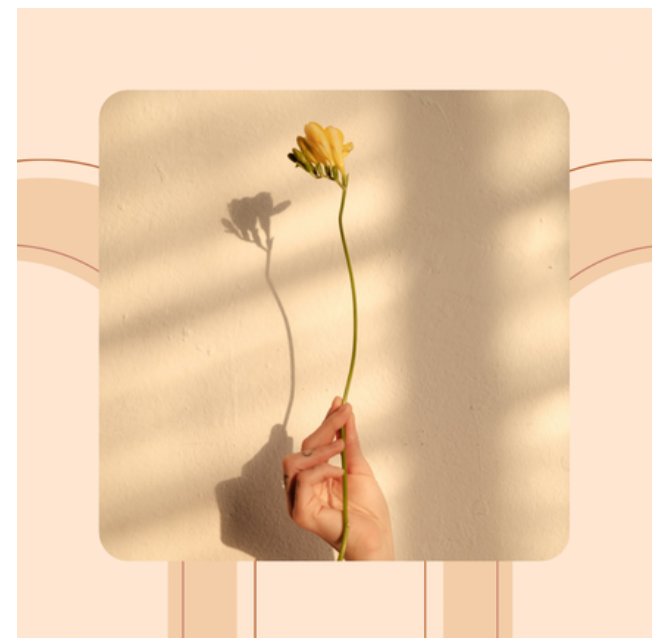
ecsclothingboutique

Introducing

TOP TIPS FOR...

Engaging potential clients creatively

@GEN6MKTG



3 ways to get unstuck today:

1. Switch up your daily walk route
2. Treat yourself to takeout food
3. Drink champagne in a lawn chair

@atlantick

DID YOU KNOW?

Over 80% of consumers search for a website before making a purchase.

It's time to make yours catch their attention.

@GEN6MKTG

Financial Abundance

IT'S TIME TO OVERCOME PATTERNS & TRIGGERS THAT GET IN YOUR WAY OF ACHIEVING ABUNDANCE.

©_JILLIANTODD

"If you show strength and confidence, they see that, and that's intimidating."

-A STRONG WOMAN

THE JOY IS IN THE JOURNEY

Client Wins

"I paid off the loan that I started making extra payments to last June, a year and a half early (thanks to the tools jillian gave me)!"

DANGEROUS CREATIVES
MASTERMIND STUDENT 2021

@KRISTINSWEETING

TIP FOR PERSONAL INJURY CASES:



Gather all documents and records pertaining to your accident in order for your attorney to receive the maximum amount of information regarding your case.

@dawsonlawfirmllc

“

The time, energy and the 'I'm not giving up on you' mentality that Shannon has is unmatched. Shannon is well liked, has a positive attitude, gets things accomplished, and will fight for her clients. Her law firm is one you want working for you.

—Jackie

”



DAWSON
LAW FIRM, LLC

POST- ACCIDENT RECOVERY TIPS:

- ✓ Take care of yourself/ see a medical professional if necessary
- ✓ Gather important documents and records related to the accident
- ✓ Talk to an attorney and hire them to be on your side

Dawson Law Firm