

FITZONE



**COACH
DAJA
JENNINGS**
HOST+VISIONARY

WWW.FITZONEATL.COM

WHAT IS FITZONE

FitZone with Coach Daja Jennings is a fully inclusive fitness experience designed to help individuals at all levels—beginner to advanced—achieve their health goals through dynamic, full-body workouts and targeted fat-cutting routines. With a strong focus on nutrition coaching and innovative cardio nutrition coaching and innovative cardio techniques, The FitZone delivers engaging sessions that energizes and empowers all participants. A stand-out feature is the highly sought-after "Glide Zone" class, Coach Daja's signature cardio experience that blends fun, intensity, and effectiveness into one unforgettable workout.

TARGET AREAS



MIND

SHIFT ZONE

This zone emphasizes the mind shift and discipline needed to reach fitness goals and optimum health.



BODY

GLIDE ZONE

A high-energy step aerobics experience. This class offers a fun and motivating workout that targets cardiovascular fitness, strength, and endurance.



NUTRITION

FUEL ZONE

An in-depth focus on individual nutrition that support fitness goals.

This zone provides education on the valuable nutrients in food items.

ABOUT THE VISIONARY



Coach Daja Jennings is a fitness coach and trainer with high-energy and motivational encouragement to get clients to the next level. At Fit Zone ATL, Daja has become an expert at coaching the average person with practical workout strategies for long lasting results by merging every-day workouts and nutrition, and taking it to the next level.

Daja has a passion for pivoting her clients into their maximum potential in health.

As a tenured fitness advocate, her greatest joy is seeing her clients transform. She not only encourages their journey of transformation with physical fitness, but provides the motivational tools to advance.

RECENT RESULTS



FITZONE BOOKING REQUIREMENTS

FIT ZONE POP UPS INCLUDE:

- Warm-Up Session
- Mind Shift Coaching (Shift Zone)
- Nutritional Coaching (Fuel Zone)
- Opportunity to Try Nutritional Products
- Step Aerobics Class (Glide Zone)
- Community Building

PARTICIPATION OF BUSINESSES/MINISTRIES TO ENSURE EXECUTION OF EVENT IS SUCCESSFUL:

- Audio/Sound Team
- Greeters/Hostess Team
- Hospitality Team
- Parking Team
- Additional Volunteers for Support (10)

PLEASE BE MINDFUL THAT THE REQUIREMENTS MAY BE SUBJECT TO CHANGE TO ACCOMODATE COACH DAJA AND GUESTS.

WE LOOK FORWARD TO RECEIVING YOUR BOOKING REQUEST FORM!



FITZONE

WWW.FITZONEATL.COM