

Fitstyle by Shana

Description

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Making your space your gym



Known has partnered with Fitstyle by Shana to help you bring fitness into your everyday life.

KNOWN members can now access the Fitstyle Membership giving you the tools to exercise, move, and have the energy you need without the need for a “gym”.^Â **The membership includes:**

- Livestream and On Demand Classes
- Access to the FITS.T.Y.L.E. Fundamentals video series
- SMS Messages for posture and hydration reminders
- Direct access to Shana for motivation and questions
- And more

Shana is the creator of the [Fitstyle Your Life](#)^{„ç} approach to fitness that brings fitness into 3 key aspects of everyday life – schedules, wardrobes, and living spaces – through easy tips and tricks that work for beginners and workout experts. She has over a decade of experience as a certified group fitness instructor and personal trainer and motivational speaker. [FLEX DESK MEMBERS 1-MONTH FREE – START NOW](#) [PRIVATE OFFICE & KNOWNPRENEURS MEMBERS 3-MONTHS FREE – START NOW](#)

For questions about the membership, please contact hello@fitstylebyshana.com.

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Author

admin

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