



THE **FIT**ISTA

JENNY SANCHEZ

OWNER OF SLĀ BY JENNY SANCHEZ
CO-FOUNDER OF WE THRIVE SOCIETY
FITNESS & BUSINESS CONSULTANT

@THEFITISTA

HELPING WOMXN BECOME THEIR MOST AUTHENTIC SELVES IN LIFE AND BUSINESS.

HEY, IT'S YA GIRL JENNY SANCHEZ! I BELIEVE
THAT EACH ONE OF US HAS THE CAPABILITY TO
THRIVE IN THIS LIFE WE'VE BEEN GIVEN.

Whether you have fitness goals, want to shake ya booty
with your girlfriends, pour into your next business venture,
or want to elevate your group fitness skills to the next level,
I'm here and ready to help you SLAY!

Let's get to work, queen!



BRAND PARTNERSHIPS



Outdoor Voices





13.5K

LET'S GET SOCIAL

**Think your brand would be a good fit
for a partnership with TheFITista?
I would love to WERK WITH YOU!**

**BRAND & PRODUCT
SPONSORSHIPS**

**BRAND
COLLABORATIONS**

**SPONSORED SOCIAL
MEDIA CONTENT**

**CHARITY
PARTNERSHIPS**

**KEYNOTE OR
PANEL SPEAKER**

**EVENT HOST
& EMCEE**

CONTACT INFO@THEFITISTA.COM TO INQUIRE ABOUT A PARTNERSHIP

CURRENT VENTURES



JOIN SLĀ

DANCE, STRENGTH AND TONING
WORKOUTS BOTH IN PERSON +
VIA ON-DEMAND APP



WE THRIVE SOCIETY

SOCIETY OF WOMEN WHO
ARE THRIVING — PODCAST,
RETREATS, AND MEMBERSHIP



TF CONSULTING

FITNESS AND BUSINESS
CONSULTING

SLĀ BY JENNY SANCHEZ



SLA WITHĀ US: DANCE, STRENGTH + TONE

AT SLĀ, JENNY INSPIRES AND MOTIVATES CLIENTS TO PUSH PAST THEIR LIMITS AND ACHIEVE THEIR FITNESS AND WELLNESS GOALS.

Her classes are carefully designed to challenge and engage participants while promoting proper form and injury prevention. With her deep understanding of a range of fitness modalities, from strength training to spin to cardio to dance, Jenny is able to create dynamic and effective workouts that leave clients feeling strong, empowered, and energized. Whether you're a seasoned fitness enthusiast or new to the game, Jenny's classes and instruction style at slā are a must-try for anyone looking to take their fitness and wellness journey to the next level.



7 CLASS MODULES / 1 HOUSTON LOCATION + ON-DEMAND APP / EVENTS + PRIVATE BOOKINGS



FORM

∞RYDE

VORTEX



COACHING FOR GROUP FITNESS STUDIOS

I'LL TEACH YOU HOW TO INTENTIONALLY ENGAGE WITH YOUR CLASS, GIVING YOUR STUDENTS THE ULTIMATE SWEAT SESSION EXPERIENCE THAT WILL TRANSFORM THEM INTO RAVING FANS!

SERVICES INCLUDE: instructor development program, studio evaluation program, team workshops, instructor audition prep and consulting, strategy & growth planning, instructor evaluations, training material creation, musicality training, and voice & facial training. I also offer private consulting sessions, workshops and custom retainers for more in-depth instruction for your team.



WORKSHOPS / INSTRUCTOR & CHOREO EVALUATIONS / CONTACT INFO@THEFITISTA.COM FOR PRICING

COACHING & STRATEGY FOR ENTREPRENEURS

TOGETHER WE'LL WORK ON KICKSTARTING YOUR STARTUP
/ SIDE HUSTLE, SCALE AND GROW YOUR BUSINESS,
STREAMLINE YOUR SALES AND OPERATIONS, AND
ENHANCE YOUR PERFORMANCE AS A BUSINESS OWNER.

SERVICES INCLUDE: goal setting & business foundations,
business kickoff & brainstorm, strategy planning, brand/business
development, brand & ideal client identification, personal
development, digital & social media, strategic marketing, campaign
creation, community building



WE THRIVE SOCIETY

WE THRIVE SOCIETY (WTS) IS INCLUSIVE, BUT EXCLUSIVE. THAT'S US.

WTS is a safe space for all things self-development. this is for the womxn craving authentic friendships with others who are ready to be open, vulnerable, and take action in life. we strive to build community through deep connections & meaningful conversations.



PODCAST / IN-PERSON RETREATS / MEMBERSHIP / CONTACT INFO@WETHRIVESOCIETY.COM

DANCE HOUSE FITNESS



12.2K



3K



8K

CLOSED THIS BRAND IN 2023



AT DHF, WE DON'T WORK OUT WE WERKITOUT!

DHF STARTED FROM THE IDEA THAT A DANCER'S BODY IS GOALS AF AND YOUR WORKOUT DOESN'T NEED TO BE BASIC!

No other workouts were as extra as we are so we decided to create our own damn thing! We're here to build our squad all the way up, no matter if you're a dance virgin or a pro dancer; we've got something for everyone! Dancing not your thing? No problem, we got fitness modules to help you get it right, get it tight! Put your favorite leggings on, let your hair down and come ready to WERK HARD, SLAY HARD!



7 CLASS MODULES / 1 HOUSTON LOCATION / 7,700 ACTIVE CLIENTS / CO-OWNERS JENNY & CHRISTIAN

DHF DOLLS SQUAD

CLOSED THIS BRAND IN 2023

ALL-FEMALE ENTERTAINMENT SQUAD FOR HIRE!

DHF Dolls, directed by Jenny Sanchez, is available for video shoots, event entertainment, backup dancers, hype girls and more — in Houston and beyond.



DANCE PERFORMANCES / HYPE GIRLS / CONTACT INFO@DANCEHOUSEFITNESS.COM FOR A QUOTE

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