

Are you bored with watching You Tube videos on Health and Fitness?

Do you NEED real life interaction to get you MOVING?

Have you ever wondered why your body NEEDS Exercise?

Come and Join Us For

AJB FAMILY HEALTH AND FITNESS NIGHT

February 15th, 2017
From 5:30 - 7:00pm

Live Exercise Demonstrations

Health and Fitness Experts to Answer Questions

"Free Assignment" Passes for Completed Scavenger Hunt

Door Prizes

