

Are You AssiaFIT?

Coming this Fall

Personal Training - Creative, innovative and fun fitness instruction for individuals.

Private Group Training - Private, intimate and intensive group training sessions made to order.

FITness Parties - custom tailored fun with fitness at any gathering you are planning.

FITness for Kids - Custom made for kids from ages 5 to 12 making fitness fun for the whole group.

AssiaFIT will make you sweat, smile, laugh, burn calories while building a special bond at the same time.

That's what you get ... When you get AssiaFIT . . .