



Fit Behavior

Personal Fitness



Worksite Fitness

Anyone may drop off their company card to enter a drawing for our Fit Behavior corporate fitness/wellness program!

A company will be chosen quarterly to receive the following

- One month of classes for employees
AT YOUR SITE OR OURS
- A free health and lifestyle seminar
AND
- Free fitness and health screenings

**Call 529-9867 or 674-4895
directions at Fitbehavior.com**

**Drop off your business card at our Avon
or Rocky Hill location.**