



# Airobic Fitness

## *Trampoline Workouts*

Airobic Fitness has Partnered with Easy Does It Wellness !



In addition to trampoline exercise, Airobic Fitness will be offering ...

- health & wellness coaching
- movement therapy
- assisted stretching
- foam rolling / myofascial release
- yoga & corrective exercise
- personal training indoor & outdoor
- meditation
- Reiki & energy healing
- nutritional counseling / consulting
- meal prep & planning
- interval hiking
- massage and more!



Easy Does It Wellness's holistic approach is designed for those with special needs such as an injury, medical condition like diabetes or heart disease, elderly, obese or any other limitation holding you back from improving your health on your own.



If you would like to improve your overall health and want more support than doctors, friends, or family can provide, or simply want to explore your inner world and learn more about yourself, then please call us to schedule a free consultation!



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