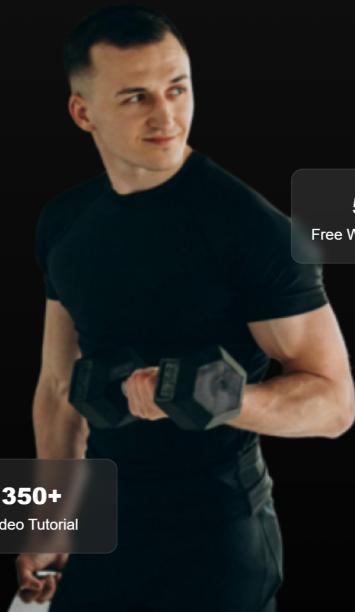


Get body in *shape*& stay healthy

A huge selection of health and fitness content, healthy recipes and transformation stories to help you get fit and stay fit!

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Change Your Habits

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Movement

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Time

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Practice

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Weight Loss

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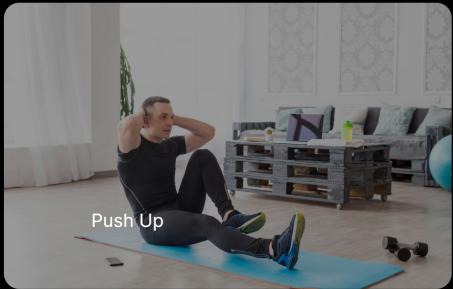
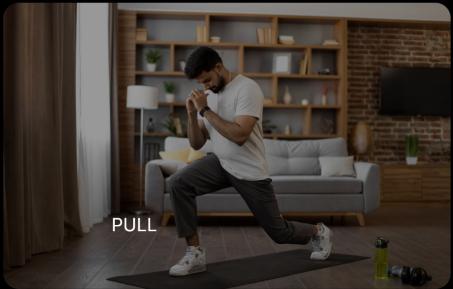
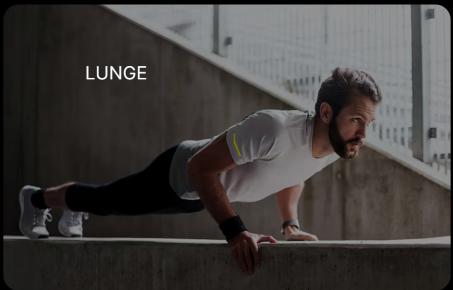
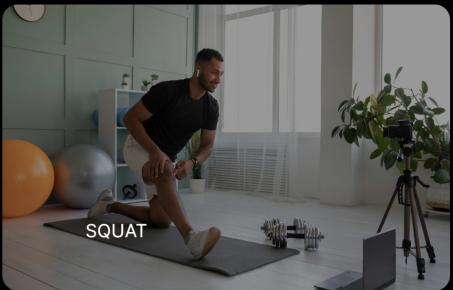
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Trainings and Exercises

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BMI Calculator

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BMI Calculator Chart

| BMI | Weight Status |
|----------------|---------------|
| Below 18.5 | Underweight |
| 18.5 - 24.9 | Healthy |
| 25.0 - 29.9 | Overweight |
| 30.0 and Above | Obese |

Calculate your BMI

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 Height/cm Weight/kg
 Age Sex
 Select an activity factor

Calculate

Meet Our Team

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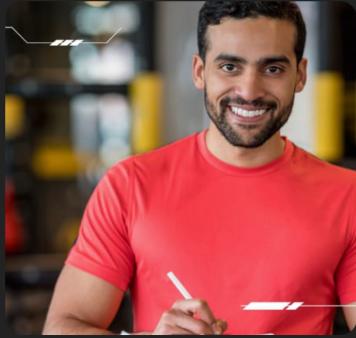
Jerome Bell
Trainer



Cameron Williamson
Trainer



Darrell Steward
Trainer



Dianne Russell
Trainer



Cody Fisher
Trainer



Theresa Webb
Trainer

What Our Members Say

"Joining this fitness club was the best decision I made for my health!"

- Alex Smith

"The trainers are amazing and the community is very supportive."

- Maria Garcia

"I love the variety of workouts and the flexibility to do them at home."

- John Doe

"I was skeptical at first, but the results I've seen in just a few weeks have been amazing. "

- Emily Chen

Fitness

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Get Started

- Fitness
- Platform
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