

Be Fit, Be Healthy!

Being fit is a necessity for strong health and it doesn't suck, get back into it today. Befit has got you covered for your fitness.

[Join Us](#)

Free Testing

We offer free testing for BMI and also for body building fitness

Free Lesson

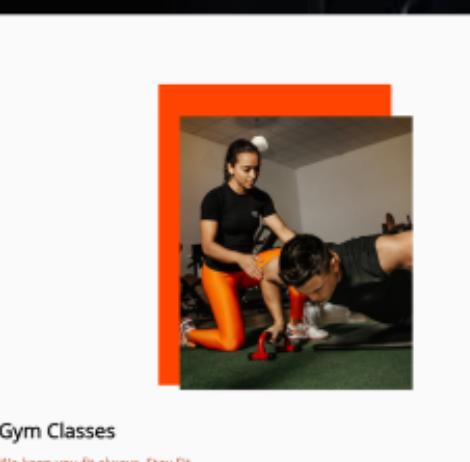
We give free tips and lessons on how to stay fit and stay healthy

20% Discount

We offer monthly discount for our new customers and also for members who do participate in the weekly challenge

Free Energy Pack

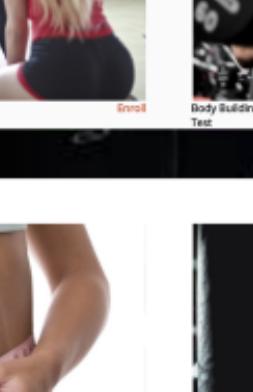
We offer monthly discount for our new customers and also for members who do participate in the weekly challenge



About Befit

The best way to be healthy

Befit is dedicated to her customers to ensure their fitness and their strong health. Being fit doesn't suck, instead it gives one a stronger lifespan and health. Get back into the business of befit. Join our community and coaches in the mission to help bring you back to a healthier lifestyle.

[Read More](#)

Our Services

The best way to be healthy



Personal Training

We provide our customers with personal trainers, who would properly groom them well for their fitness.



Group Programs

We also organize group programs that enhance your fitness, we also group our customers for their training session.

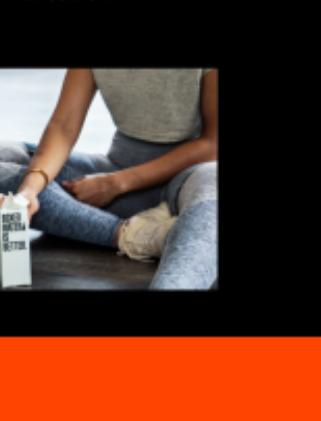


Body Building

We also organize group programs that enhance your fitness, we also

Gym Classes

We keep you fit always. Stay Fit.

[Enroll](#)[Enroll](#)[Enroll](#)

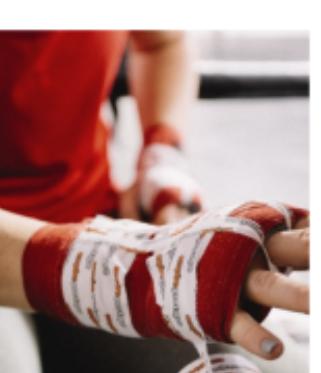
Pricing Plan

[Weight Loss Program](#)

Weekly plan: \$15

[Weight Loss Program](#)

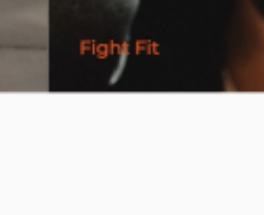
Weekly plan: \$25

[Weight Loss Program](#)

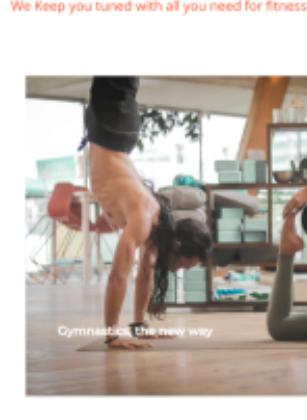
Weekly plan: \$35

Calculate Your BMI

Your Body Mass Index (BMI) is a measurement of the ratio of your weight to your height. It is a good way to gauge whether your weight is in healthy proportion to your height. BMI helps determine any risk you may face if its outside the healthy range.



Our Gallery

[Gymnastics the new way](#)[Our Gym Centre](#)[Fight Fit](#)**Glory Moore**

BeFit has really been a great community in helping me to keep fit. I never knew I could do this, but with their consistent training and their great coaches, I've maintained fitness. Let's all get back into the business of keeping fit, it is a great way of staying healthy!

[Read Test](#)[Write Test](#)[View Test](#)

<a href