

# RJs-Health-and-Fitness

Kid-eX Childrens Fitness - Group Fitness - Corporate Fitness

One on One Personal Training - Senior-eX - over 50+ exercise

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RJ's Health & Fitness is a dynamic fitness and training business which focus's on all round health fitness and nutritional education for our clients. Our specialty is Outdoor Exercise. We cater for Children's Fitness, 50 Plus, Corporate business, Groups and the Individual client in an outdoor environment. Our key edge is to engage our clients on different levels of fitness training, this includes providing education on different aspects of healthy lifestyle, nutrition, and to enforce the concept that fitness is fun, and not a tiresome strain.

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