

ABOUT THE FOUNDERS

Jerry Jefferson and Therese Abair are fitness fanatics! We can be seen daily on Comcast WPB TV18 instructing multiple half hour exercise programs bringing fitness to the citizens of West Palm Beach.

Our fitness didn't happen overnight. We experienced firsthand what it takes to stay motivated, lose weight, reduce stress and to build muscle. We know the emotional toll it takes as well as the commitment involved.

Today, we live fit one day at a time and desire to help others get there too!

Yes, we have all the appropriate fitness certifications and training. However, what sets us apart from others in our field is our motivation, enthusiasm and ability to provide a personal touch to individuals in a group environment. Plus, we like to make fitness fun!

What better hands to be in than individuals who have "been there done that" and survived to tell about it!



***Recognized by the
City of West Palm Beach
for Quality Fitness Programs***

**Workplace and
Residential fitness
Classes around town
Community events**

Plus much more!

561-281-5895

info@LivingFitToday.com

www.LivingFitToday.com

CLASSES AROUND TOWN

Living Fit Today now serves
Surprise, AZ and West Palm Beach, FL

Please visit LivingFitToday.com to see the
list of classes in each location.

*Class fees vary location by location. Classes
are usually set up in an 8 week prepaid
series, however, drop-ins are welcome.
Call 561-281-5895 for details.*

**Not convenient? We can start classes in
your area! Private and semi privates
classes available too! (6/10)**

WORKPLACE/ RESIDENTIAL FITNESS

Looking to bring fitness into your facility?
Here are a few choices that Living Fit Today
offers:

- Pilates Mat
- Yoga, stretching, relaxation
- Aerobics/Cardio
- Strength training
- Zumba and Zumba Gold
- Aqua aerobics

We are also available for business
conferences, retreats and workshops.

A few of the benefits our clients have
realized include: positive outlook, reducing
stress, managing weight; and increasing
strength and flexibility.

Best of all we are affordable-

WHY LIVING FIT TODAY?

We are certified trained, insured and
licensed.

We provide professional instructors who
deliver quality programs with passion for
what we do.

We come to you. All you provide is the
space!

IT'S THAT EASY!!

COMMUNITY EVENTS

Dedicated to a more unified
community, we at Living Fit Today
share our experience and energy with
free events and fundraisers throughout
the year.

Our annual West Palm Beach Yoga Day,
held in January, is Florida's largest free
outdoor yoga event.

We bring the community together for a
positive connection.

Visit: www.LivingFitToday.com for
date/times of all our events.



OTHER SERVICES

- Special Occasions: Our instructors
will work with you to tailor the
theme of the class specifically for
your group.
- Fit/Boot Camps
- Workshops

LIVING FIT TODAY, INC.

Phone: 561-281-5895
E-mail: info@LivingFitToday.com
Website: www.LivingFitToday.com