

New Year's Resolution???

Every year people make it there New Year's resolution to get fit, lose weight or just to get healthier in general. Make 2016 the year that resolution sticks and let the Fitness Staff here at the AFC help!

We have everything you need to get the year started right and to continue that throughout the entire year.

If you haven't done your Fitness Orientation yet please call or come in ASAP and schedule a time. We'd love to get you started.

We also offer group fitness classes, personal training, nutritional coaching and wellness coaching.

We're here to help and can't wait to get you started. Happy New Year!