

STEP INTO A HEALTHIER, HAPPIER YOU WITH FIT BEHAVIOR!

Perfect for Corporations, Teams,
Nonprofit, Community Groups,
Schools and Organizations.

What We Offer:

- Engaging step aerobics classes for individuals, groups, and organizations.
- Professional development workshops blending fitness with leadership and team-building skills.
- Customizable programs to meet your personal or organizational needs.

Why Choose Fit Behavior?

- Improve physical health and mental well-being.
- Reduce stress while building confidence and resilience.
- Strengthen your team with fun, high-energy sessions.

Where:

Available in Houston and surrounding areas. (Additional \$45 travel fee outside Houston Loop.



Packages as low as \$350 / Dm for more information