

# Twist and Turns Body Fitness

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## Summary

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## Description

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Twist and Turns Body Fitness, is a community fitness studio. The studio is uniquely owned by a mother and daughter team; [Ms. Monica Abdul-Saleem](#) and [Ms. Ajeenah Abdul](#). The key aspect of Twists and Turns Body Fitness is to provide fitness classes that increases health, promotes physical activity and motivates the community to realize that living a healthy lifestyle can be enjoyable and beneficial. Twist and Turns has created an atmosphere for neighbors to meet and enjoy themselves while obtaining a healthy lifestyle