## **Twist and Turns Body Fitness**

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## **Summary**

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## **Description**

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

