





BE.Fit is a local provider of physical fitness classes with Jen Bordner and Sara England. We care deeply about the health and wellbeing of people. We believe getting in shape shouldn't be a punishment, rather an amazing and empowering lifestyle decision that anyone can achieve. We believe in finding the pleasurable side of fitness. While there may be a sore muscle or two along the way, the amount of fun and levels of energy people will experience will far exceed the discomfort. We believe that being physically fit and healthy has a profoundly positive impact on people's mental health and overall well-being. We meet people where they are and help them get where they want to be.

BE.Fit Chelan promises to provide a safe and encouraging fitness community where people feel connected, supported, challenged, and motivated to be their best selves.

BE.Fit hopes to expand their current offerings to include physical fitness classes for senior citizens, a water aerobics program, beginning strength, and expanded wellness instruction to people of all ages and fitness levels.

**Contact BE.Fit Chelan**

-  Phone      509-860-3684
-  Instagram      @be.fit.chelan
-  Facebook      facebook.com/BE.Fit.Chelan
-  Website      *Coming soon at [www.befitchelan.com](http://www.befitchelan.com)*