

WELCOME

They say that health is our best wealth and that eating the right kind of foods can only do so much. We get lots of benefits when we exercise regularly. It makes us look better and feel good inside and out!

How we look and feel is determined by our lifestyle and the things we do to maintain a quality life.

Whatever your health, wellness and fitness needs are **Kujiweza Healing Arts On-Site Fitness and Wellness** can help you. We provide a broad spectrum of exercises, programs and techniques that are designed to enhance lifestyles, and provide a sense overall well-being.

We are looking forward to your call at
408-712-0917 or

Email us at: info@onsitefitnessandwellness.com



Kujiweza Healing Arts **On-Site Fitness and Wellness**

For whatever you do...
**On-Site Fitness and Wellness
is For You!**



Contact Information

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www.onsitefitnessandwellness.com



Kujiweza Healing Arts **On-Site Fitness and Wellness**



Call us now!
408-315-6690

www.onsitefitnessandwellness.com

about us

Kujiweza Healing Arts On-Site Fitness and Wellness

is a program dedicated to bring a healthy lifestyle to everyone of all ages. We aim to inspire and motivate people to adapt and embrace fitness as part of their daily lives.

We have already been offering fitness and wellness programs for over 10 years to individuals, businesses, elderly communities, schools and many others in the San Francisco Bay Area.

Kujiweza Healing Arts On-Site Fitness and Wellness is made up of an excellent team of professional speakers, demonstrators, trainers, therapists and instructors.



we offer



Personal Training & Coaching for Individuals and Groups

- Comprehensive Personal Fitness Program
- Exercise Therapy
- Weight Management
- Meditation/Relaxation
- Tai Chi
- Dance Aerobic Fitness

Senior Living Community Fitness Programs and Recreation Services

Functional Fitness exercise classes

- Tai Chi
- Gentle Yoga
- Balance and Fall Prevention
- Chair Exercise
- Indoor Walking

Recreation Services

- Chair Exercise
- Arts & Crafts
- Drum Circle
- Lifestyle Enhancement Classes

Business Fitness & Wellness Programs and Workshop Energizers

Onsite/Office Fitness Classes

- Tai Chi
- Gentle Yoga
- Aerobic Dance
- Meditation/Relaxation

Employee Wellness Services

- Chair Exercise
- Workshop Energizer

Exercise Therapy for Self Healthcare Management

- Tai Chi
- Functional Fitness Exercise
- Balance & Fall Prevention
- Chair Exercise
- Parkinson's Exercise Program
- Cancer Exercise Program
- Breathing Exercise for Covid-19



Parkinson's Outreach Fund

Support our
“Skills for Daily Living” Program

Your tax deductible donations will help us
Provide free In-home Personal Care and
Daily Living Skills training to people
Living with PD and their caregivers.

**DONATE
NOW!**

www.onsitefitnessandwellness.com