

Just Wellness, Inc. is a premier single source provider for health and fitness services to groups, organizations and individuals throughout Atlanta. We offer an array of wellness services: Group Exercise Management, CPR Training, Wellness Presentations and Personal Training. And, we exemplify professionalism and incredible customer service.



Group Exercise Management

Customized for your facility! Group exercise classes are taught by highly skilled, trained and nationally certified instructors. Classes are designed for all fitness levels in more than 25 formats from step and resistance training to cycling, yoga, pilates and more. Instructor training is also provided.



Wellness Presentations

These “customized” seminars are designed to educate and increase awareness and knowledge on any health or fitness topic, such as back care, stress management, strength training, weight loss, prenatal fitness.



CPR

The American Heart Association curriculum is instructed by top-notch and qualified instructors. Class formats include: Adult, child, infant and AED.

Personal Training

Available for individuals who desire one-on-one consultation. The program is results-oriented and lifestyle changing to enhance one’s quality of life. The individual’s goals determine the program design and focus, whether it’s fitness, strength, or nutrition.

