

HEALTH & wellness



EXCEL FITNESS WELCOMES...



Jim (VP of Fitness Operations) with Don (President & CEO) welcoming everyone to the launch of FABS Cyberfitness.

"FABS Cyberfitness"

Fitness & Aerobic Broadbank Services Inc. (FABS) is pleased to announce the launch of two fitness and personal workout websites. Finally in Canada and around the world, professionally produced fitness club quality workout videos at an affordable monthly subscription cost streamed via the internet. www.fabscyberfitness.com offers fitness videos such as aerobic, Cardio, Yoga, Pilate's, Abs and many more work out and fitness on demand videos that are updated monthly. Wellness, personal training and weight loss can all be achieved today via the internet, in your office, on your home computer and /or TV. All you need is internet connectivity, preferably high speed, and the will to exercise by watching online fitness videos. The quality is outstanding, the sound is there to support you and it is affordable. You can subscribe by the month or you can buy and annual membership just like any fitness club. It is your personal online 24/7 gym.



The Friendly Staff at Excel Fitness Daniela, Michelle, Mike and Christine



Dawn, Glenn, Lousia, Linda, Sarah and Maha



Mike and Mary guests of Coleen (wife of Don, Pres. & CEO of Cyberfitness)



Diane Manager of Clarkson Scotiabank enjoying working out to Ball Bliss, one of the many programs offered by Cyberfitness



Sandra (Fitness Instructor) and David enjoying the evening



Guests Robert and Beatrice