



TONE & TORCH

DELTA LIFE FITNESS



January Jump Start (Jan. 1 - Jan. 31)

No minimum contract! No sign-up fee!
**Try your first month for \$1 and jump
start your fitness journey NOW!**

Join us at our new Viera, FL location to start working toward your empowered mind and body!

Delta Life Fitness personalizes your routine based on your specific needs – we know that not everyone is the same!

For all fitness levels.

Delta Life Fitness is a women's group training and fitness facility that exists to empower women of all ages and change their lives! We are dedicated to the transformation into lifelong success that lasts by promoting group training activities through the revolutionary Tone and Torch station-based exercise and wellness workouts. We invite you to join us at our Viera, FL location!

Our Mission:

To empower women through dedication and motivation so that they may achieve their goals, live happier lives, and spark a revolution in their communities.

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