Business Summary

Bom Jitsu, a veteran-owned and operated business will provide gym memberships to individuals and families to facilitate fitness and well-being to the community of Castle Rock and the surrounding area. Individual and Small Group Fitness will be accomplished through multiple fitness disciplines, including but not limited to weight training, functional movements, running, tension bands, medicine balls and other fitness disciplines for improved health, weight loss and increased physical performance.

In addition, Bom Jitsu as an authorized distributor will act as a retail supplier for Origin Maine fitness supplements, Jocko Products Discipline Go Energy Drinks, Monkey Tape sports tape and other fitness related apparel and accessories.

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