Black Achievers
Black Business Directory

Just Essential Nutrition

Address	7 Endicott Street
Contact Person	
Mobile Number	
Email	jen7endicott@gmail.con

Check out Just Essential Nutrition, a Black-owned Health and Fitness club in Greenhills! Just Essential Nutrition is a Black-owned health and fitness club in Greenhills, where individuals come to get inspired and empowered by the culture of the individuals making it happen. J.E.N is a place where individuals are empowered by choosing healthier options to work toward overall nutrition and wellness. They offer Herbalife Nutrition products and group fitness classes throughout the week. Your visit will inspire you to make the strides towards a healthier and happier lifestyle with Just Essential Nutrition. J.E.N Classes “Rise and Grind”: Low impact class led by coach Ma Dukes; Monday-Friday (except Tuesday) at 9 a.m. “Momma & Daddy & Me”: New parent class for you and your infant or child up to five years old; Tuesday & Thursday at 1 p.m. Fit Camp, H.I.I.T., Cardio-Drumming, Kickboxing Boot Camp: Evening workout classes; Monday through Thursday at 6:30 p.m. Body Burn: Full body workout; Saturday mornings at 9:15 a.m. These classes welcome all levels of fitness and start at only five dollars. If you are interested in being fed a healthy nutritional meal along with a hydrating drink to replenish your body with electrolytes after an amazing class, it is all yours for only ten dollars a class. J.E.N. Hours Monday: 7 a.m. – 7 p.m. Tuesday: 7 a.m. – 7 p.m. Wednesday: 7 a.m. – 7 p.m. Thursday: 7 a.m. – 7 p.m. Friday: 7 a.m. – 7 p.m. Saturday: 9 a.m. – 3 p.m. Sunday: 12 p.m. – 3 p.m. Follow them on Facebook and Instagram to see their amazing services and products in action and to stay in tune with the events going on in your local community. See what their customers are saying about them! “This has been one of the most welcoming places I’ve ever visited!” February 1 “Enjoyed a Fruity Pebble shake. It was delicious. What a great way to start the day.” June 20 “Just decided to check this place out on my way to work Friday. Tried a shake and tea – Buckeye is a wesome!!! Like it so much I even tried my first class Saturday AM. This place is amazing, and Julian and the staff make this place a must visit!!! Stop in – you’ll get hooked.” August 4, 2018

For more details, please visit https://blackachievers.biz/detail/just-essential-nutrition-cincinnati-2612