

**Company Name**

Fly & Flow Fitness

**City**

Boynton Beach

**State**

FL

**Contact Name**

Stacy Strolla Brookman

**Email**

[flyflowfitness@gmail.com](mailto:flyflowfitness@gmail.com)

**Phone**

(561) 543-3433

**Website**

<https://www.flyflowfitness.com>

**Do you have a UF Supplier ID?**

No

**Is the owner a UF alum?**

Yes

**Classification**

- Small Business
- Woman-Owned Business

**Certification**

- Small Business
- Woman-Owned Business

**General Description of Services**

- Sports, Recreational Equipment & Trophies and Awards