

Our Services

Small Group and Personal Training

We offer 1 to 1 personal training which is great for people who want to get back to activities in the gym safely after recovering from injury or surgery and don't want to hurt themselves. We also offer small group training with 2-3 clients to ensure individual attention and design each class based on the specific needs of the clients in the group. Includes Pilates, TRX, Kettlebells and floor/mat work.