

PRIVATE/GROUP PERSONAL TRAINING

Need a boost?

~Try a Private or Group Personal Training session today~

~Stay committed to your fitness goals

~Refresh yourself on proper exercise technique

~Compliment your home workout with one-on-one attention

Group Personal Training sessions are fun and cost effective and keep you engaged on your fitness journey. Stay accountable by exercising with a friend, family member, or coworker!



30, 45, or 60 min sessions



Sessions are scheduled by appt at the Grand Ave location