

Compare our 3 services

Small Group Training

Semi-Private Training

Personal Training

of Participants

A group of up to 8. The class is modified to your current level with everyone working on either strength or cardio each session.

Your trainer coaches you through your own individual program while also coaching up to 3 other members at the same time.

Your trainer works with you 1-to-1 throughout every session.

Amount of Support

You want a plan to achieve your long term goals but you don't need specific programming or modifications due to a chronic injury. You want a trainer to correct you when you aren't doing the exercises right and help you master more complex techniques.

You DO need a fitness professional that can design programs specific to your needs, correctly, coach you through your workouts, ensure your form is right and keep you motivated - but you DON'T need or want your trainer to watch every rep.

You want maximum support and coaching at all times during your training session.

Who is it best for

You're a self starter, and you like the dynamic of working in a group. You move fairly well already or have a history of being fit but don't have the time or want to figure out a program on your own.

You're struggling with chronic pain and can't figure out what to do on your own OR you need to shake things up and know that you need more accountability than classes to stick to a routine and achieve the level of health you want.

You have some serious injuries / health concerns OR you are a busy professional in a demanding job and need the support to make your health a priority with the guidance to be pushed to the next level.

Budget

A low-cost option for an exceptional group fitness experience

A budget friendly way to have the individual program design, guidance, and support of a personal trainer.

Our premium personal training service.