

New Summer Classes at Fitness Factory!

Flyte Fitness:Â Incorporating the Core Flyte discs we will be hitting the core and the entire body in a way that will challenge you physically unlike any class you've taken before. It's only 30 minutes but promises to give lasting results!!

Tough Mudder Training: Ever want to try a Tough Mudder?Â Incorporate this class for the summer and you'll be ready. Plenty of bootcamp style workouts that will reinvigorate your fitness regimen!!