

Orientation Sessions / Personal Training Sessions

Orientation sessions: Each of our members is entitled to three free orientation sessions with a certified trainer. Our trainers will sit down with you and discuss your fitness goals and needs. From that point, your orientation session will be geared to your specific goals. Fitness can help with any ailments or health problems. Our trainers can work with those with special needs (arthritis, back pain, cerebral palsy, fibromyalgia, multiple sclerosis, etc) and our facility is handicapped accessible!

Personal training sessions: Again, each of our members is entitled to three free orientation sessions with a certified trainer. Many of our members enjoy an extra push of motivation from a trainer above these free sessions. At an additional cost, you can hire one of our trainers for a personal session to push you through the toughest of workouts! These sessions continue off of where your orientation sessions finished, and we will gear these sessions to shape you up, stretch you out, and in general, get you healthier! We can also incorporate the Speed to Win training into your personal workout regimen!!