



Start Strong. Finish Stronger.

Small Group Training

Hit your goals faster with Small Group Training. Work with expert coaches on an individual basis to create goals, optimize your workouts, and track your progress.

Member Benefits

- 8 personalized training sessions each month, with flexible class times designed to fit your schedule.
- One-on-one consultations with our dedicated team of fitness experts.
- InBody body composition analysis and MyZone heart rate monitoring.
- Access to exclusive member perks including high-tech fitness monitoring, wellness services, and CBD product discounts.

Limited Time!
\$159⁹⁹ per month

Restrictions Apply.

