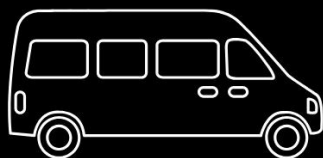


PROGRESS + RESULTS = IMPROVED LIFE

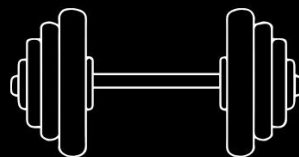


We work with clients of all abilities to help each individual reach their own personal goals. As certified personal trainers, we focus on what you're capable of achieving to get you real results. We bring creative workouts, equipment and accountability to you - anytime, day or night - keeping your goals in mind every step of the way.



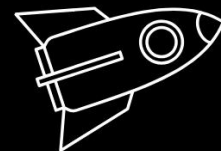
CONVENIENT

Your workout, when and where you want it, at a time that works best for you.



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