
Happy New Year



Welcome 2025 with a new perspective, higher standards, and better outlook. All of which is only accomplished with a clear mind and healthy body; let us help!

How to set goals to be successful:

1. Set realistic goals
 2. Create an attainable timeline
 3. Find accountability partners
 4. Set checkpoints to provide yourself small wins along the way
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What is Personal Training?

Personal training is a service that provides one on one attention and customized workouts centered around long and short term goals of the client. Personal training allows detailed sessions and programs designed to keep progression with the client and their checkpoint goals along the way. Personal training is a great way to start a fitness journey or level up an already established routine! Email us today to learn more.

Email to learn more

Employee Spotlight



Caylie is coming in strong as January's Instructor Spotlight. Caylie is our Spin Instructor but also teaches mind and body classes like yoga and mat pilates. Her specialty is her Saturday class where she combines both Spin with a stretch recovery- best of her worlds! Caylie's sweet and genuine demeanor carries into her workouts, she has a special way of kicking your butt by leading with an inviting smile. Don't let her charming personality give you the wrong idea, you will burn and lengthen in all the right places. Check out our schedule for Caylie, she is a perfect way to dive into your 2025!

Milestone Celebrations

Milestone 100

Laura P
Giovanna L

Share a 🙌 if you see them in class.

Say it louder so we can hear you in the back!

Please leave us a review



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