

Home Gym Planning

Have you been considering adding a gym to your house or place of work but are not quite certain where to begin. Let us assist you in choosing the right equipment for your specific needs based on your personal interest, budget, and style. We can help you from the floor plan, layout, weight equipment, aerobic machines, and develop a workout plan for you. Together, we can create the perfect workout facility for your home or office - a facility which is safe, effective, and fits your needs. **Ask for a free quote.**

Post Rehabilitation Training

Have you experienced a setback due to an accident, injury, sickness or a surgery? It is time to not only come back, but come back stronger! This program is designed to move at your pace and patience is the key. As you become stronger, you will workout more intensely. Your progress is monitored, and your program is changed based on your abilities. Like the other programs, safety and maximum results are the focus.

Cost: \$50 per session; 3 sessions- \$135; 6 sessions- \$240; 9 sessions - \$315; and 12 sessions - \$360

Pre/Postnatal Fitness Programs

Congratulations! You are now experiencing a privileged part of life - motherhood. The greatest gift of all for you and your newborn is good health. Through this program you will learn how to conduct safe, effective, and low-impact exercises. You will also be presented with the latest educational and informative material. Along with your tailor made program, you will receive nutritional advice and personal one-on-one training.

Cost: \$50 per session; 3 sessions- \$135; 6 sessions- \$240; 9 sessions - \$315; and 12 sessions - \$360

Corporate Fitness Seminars

Whether you own a family owned business or a large professional corporation, the bottom line is productivity. Productivity begins with a healthy and fit body. Let us teach your employees better eating habits, workout routines, and life style modifications which promote a healthier and more productive work environment. Let us help you reduce absenteeism and raising health care costs through keeping your employees healthy. **Ask for a quote, Seminars designed to your business needs.**