

Elite Fitness & Nutrition Services

1-on-1 Personal Training (50 minutes)

Individualized sessions are designed for each client's unique needs, goals, and lifestyle. Sessions are conducted in our gym.

Virtual 1-on-1 Training (50 minutes)

Individualized sessions are designed for each client's unique needs, goals, and lifestyle. Sessions are done out of your home via FaceTime or Zoom.

Partner Training (50 minutes)

Join a friend for a fun fitness experience. Includes a combination of strength and cardio in a more social environment.

Nutrition Coaching (30 or 50 minutes)

Achieve your ultimate health and wellness aspirations; program customized to your unique values, priorities, and goals.

Yoga Privates (50 minutes)

Gain strength, flexibility, and balance. Sessions are personalized to stretch and revive your body, boost concentration, and learn techniques to do at home.