

12 Week Body Transformation!



Our 12-week Body Transformation program is a cardio and weight training program that begins with body composition testing, a fitness assessment that includes measurements, and optional before and after photos. We'll help you implement a comprehensive, personalized weight training, and aerobic conditioning program that will boost your metabolism, burn fat, increase lean muscle and help you firm and tone your body. If you're serious about making serious changes in your body then this program is for you!

Member: \$1500.00

Non-Member: \$2,250

36 one hour sessions

Days and Times to be Coordinated with Your Trainer

