

Are you looking for a fitness club
to call your own?
Read on to find out why we might just
be the place for you.



Memberships:

Corporate Individual Family Drop In Monthly Annual

What we Offer:

Certified Personal Training Programs

Personal training is a time efficient way to get personalized exercise results while accompanied by a certified trainer. Let us help you achieve your personal fitness goals by giving individual attention, motivation and instruction .

Strength Training

Gain strength, tone and confidence in our fully developed weight room. Our fitness consultants will train you for the most effective workout on our full range of fitness equipment.

Aerobics

Whether you're a new exerciser or an expert, you will enjoy our energetic and fun aerobic exercise classes.

Dance and Movement Classes

If you like to add an expressive touch to your exercises, try a dance exercise class. These classes involve movement to a variety of music including the big band era and classical.