

FITNESS & RECOVERY

GET FIT

PERSONAL TRAINING

Get your sweat on with one of our trainers to keep you energized during your holiday! Stop by the gym for a free consultation with our resident trainer to discuss your goals.

SCULPT

Body build, fat burn, or strengthen with personalized fitness classes ranging from HIIT, Cross Fit, Kettle Bell, Beach bootcamps, or body building

\$114net/hr

\$299net/3 x 1hr Sessions

FIGHT

Master the Self with Kickboxing and burn calories at the same time

\$114net/hr

\$299net/3 x 1hr Sessions

RECOVER

Stretch, relax, recover, and receive personal attention and manual muscle manipulation

\$114net/hr

\$299net/3 x 1hr Sessions

ADAPT

For special populations, or those with advanced age, injury, or sport specific goals, receive adapted and personal training and recovery aid

\$144net/1hr

\$384net/3 x 1.5hr Sessions

STICK MOBILITY

Training system combining joint mobilization, strength training, and active stretching to improve your flexibility & strength

\$114net/hr

\$299net/3 x 1hr Sessions

