

NEW Workout Classes Available!

Hi, my name is Chelsea and I am a **NASM** (National Academy of Sports Medicine) **Certified Personal Trainer**.

With a background in collegiate sports, marathon training, and years of fitness experience alongside my education, I know firsthand the dedication it takes to reach your goals.

My approach is all about connection and motivation. I believe fitness is not just a routine; *it's a lifestyle*. Whether you're a seasoned athlete or just starting to workout, I'm here to provide **personalized training** and engaging **fitness classes** that cater to *your* unique needs.

Let's work together to push your limits, celebrate your progress, and create a supportive community where everyone thrives. I can't wait to meet you all and embark on this incredible journey together!



LETS GROW!

Class Schedule

Monday & Wednesday 5:30am
STRENGTH TRAINING & TONING USING CIRCUITS AND SUPERSETS (UPSTAIR AUX ROOM)

Saturday 9am
SWEAT SESH: CARDIO & HIIT (RACKETBALL COURT)

All classes will be 45-60 minutes.

JOIN my class where we'll move that booty to groovy music and dance under vibrant lights for an energizing workout experience!

January 2025 Class Schedule						
Sunday 29	Monday 30 5:30am	Tuesday 31	Wednesday 1	Thursday 2	Friday 3	Saturday 4 9am
Sunday 5	Monday 6 5:30am	Tuesday 7	Wednesday 8 5:30am	Thursday 9	Friday 10	Saturday 11
Sunday 12	Monday 13 5:30am	Tuesday 14	Wednesday 15 5:30am	Thursday 16	Friday 17	Saturday 18 9am
Sunday 19	Monday 20 5:30am	Tuesday 21	Wednesday 22 5:30am	Thursday 23	Friday 24	Saturday 25 9am
Sunday 26	Monday 27 5:30am	Tuesday 28	Wednesday 29 5:30am	Thursday 30	Friday 31	Saturday - FEB 1 9am