

Lighter Fare

Main Course



Hour Glass

This circuit workout is a fantastic way to get acclimated to our fitness center. It keeps you focused on a regimen that is comfortable and easy to follow.

Turn back the hands of time and get back that hour glass figure!

Recommended Meal Plan – Lean Fast

Skinny Jeans

This is a circuit resistance workout laced with cardio. It incorporates an interval approach so you can get in and out fast.

Buy your jeans now and get ready to look great!

Recommended Meal Plan 40-30-30

Bone Appetit

This workout is great for those diagnosed with Osteopenia to Osteoporosis. It provides the proper amount of intensity to help restore bone loss while increasing metabolism and improving overall body composition.

Recommended Meal Plan 40-30-30



Simply Slender

This workout is a step up from the circuit programs. It introduces you to a combination of machines & free weights. This split routine will slenderize your body while decreasing fat.

Recommended Meal Plan 40-30-30

EZCOACH

Revitalizer

This cross trainer workout incorporates functional weight training interlaced with cardio that speeds up your metabolism, increases stamina, boosts energy and accelerates fat loss!

Recommended Meal Plan 50-30-20



Femme Fatale

This workout is not for the meek of heart. If you mean business then this program is for you. You will be amazed at the killer results you begin to see!

Recommended Meal Plan 40-30-30

Bay Watch

This workout will help carve out those curves. The repetitions scheme in this program employs the use of moderate resistance via dumbbells.

Get ready to don that new swimsuit!

Recommended Meal Plan 40-30-30



Lady Lace

This is a great pre-season sports conditioning program. Perfect for those getting into sports or are looking to increase their speed, power and strength in the game!

Recommended Meal Plan 50-30-20