

Personal Training Services

Last Updated Tuesday, 05 August 2008

Training Programs

Our services include:

- complimentary fitness assesment

- 1-on-1 training
sessions

- athletic performance training

- running groups

- small group personal training

- boot camps

- Yoga

- survival training

We are a team of trainers that are inspired by the example of military trainig techniques who combine their experience to become an even stronger unit.

It is our mission to shape your
healthy future.

We also prepare enthusiastic people
that are wanting to join the forces!