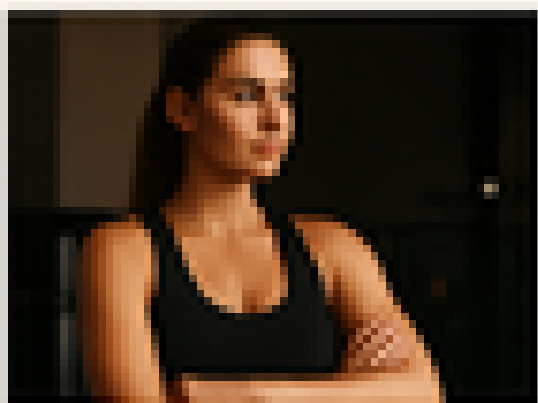


FITNESS TRAINING

[GET STARTED](#)

ABOUT US

Empowering individuals with personalized coaching and fitness solutions to achieve their goals.

10+

YEARS OF
EXPERIENCE

50+

EXPERT
TRAINERS

500+

MEMBERS
JOINED

OUR SERVICES



WEIGHT LOSS

Personalized diet plans, workout routines, and lifestyle advice.



CARDIO

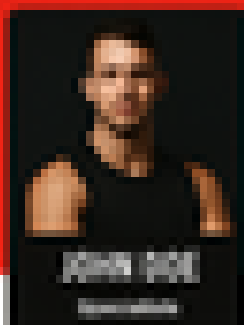
Personalized cardio workouts and heart rate monitoring.



BODY BUILDING

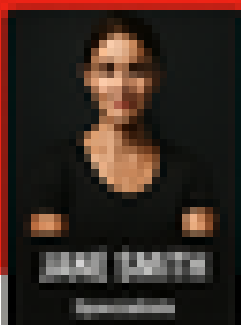
Personalized strength training and muscle building programs.

EXPERT TRAINERS



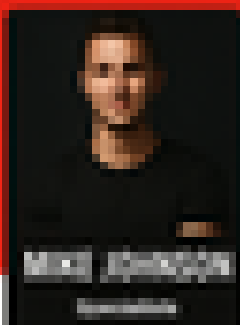
JOHN DOE

Specialist



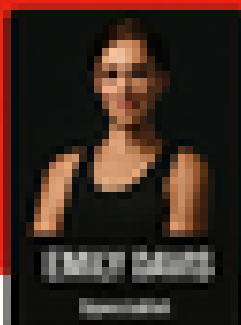
JANE SMITH

Specialist



MIKE JOHNSON

Specialist



EMILY DAVIS

Specialist

PRICING PLANS