

BRACE YOUR BODY...

For the World of Fitness!

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Fitness is the Answer...

...WHENEVER THE QUESTION IS YOUR PHYSICAL SHAPE!

With a notion that fitness activities are not just mere 3 times a week routine, but rather a day-to-day lifestyle, we have opened a first of our fitness centers in the city... When we were asking ourselves, whether we would be able to offer something different to what other fitness studios do offer, we found the answer. It was - a skilled team of trainers!

— *Quanda Smith*



Our Classes

CrossFit

Steven Ayokee
Owner/Head Coach

Dominic Snyder
Coach

Monday
Wednesday
Friday

09:00-11:00
09:00-11:00
09:00-11:00

Yoga

Brenda Flores
Coach

Monday
Wednesday
Friday

15:00-17:00
15:00-17:00
15:00-17:00

Fitness

Julie Collins
Coach

Brenda Flores
Coach

Tuesday
Thursday
Saturday

09:00-11:00
09:00-11:00
09:00-11:00

WHATEVER YOUR MOOD IS...

... We've got a Fitness Class for it!

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Fitness for Men?

WHY NOT! THESE MEN FOUND IT AWESOME!

Since the time our fitness salon opened up its doors for the very first time, there always was a conventional feeling that fitness is more of a girly thing, than a manly one. No one could have been more wrong! Just in the last 10 years our fitness center's men/women attendees ration skyrocketed from 10/90 to 35/65! This means that each third of our fitness club's attendees is a man who just loves keeping up in shape while doing fitness!

[READ MORE](#)

Our Coaches

Julie Collins
Coach

I initially took on CrossFit trainings after a spending a lifetime in professional athletics. The fact that I loved sports so much contributed a lot to my decision.

Steven Ayokee
Owner/Head Coach

12 Years ago I lost 80lbs with the help of a personal coach and it completely changed my way of life. Since then, it's been my mission to sway other people do CrossFit too.

Dominic Snyder
Coach

Growing up, I've always been involved in sports, fitness and athletics in general. It got a whole new meaning for me as in 2007 I had an injury while serving in Iraq.

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by admin
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by admin
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... That Will Fit Your Energy Rhythm!

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