



APPROACH YOUR HEALTH DIFFERENTLY

With our new Holistic Health Program we will offer familiar and unique programming to care for the whole person creating balance within one's self.

Programs include:

Personal Training

Stress Positive

Chakra Balancing

Acupressure

Proprioceptive Neuromuscular Facilitation Stretches

LiveSTRONG

Gentle Yoga

Reiki

Myofascial Release

Coming Soon:

Private Yoga

Bro'lax (Yoga for Men)

Aromatherapy

SIGN UP TODAY