

PARTNERS & GROUPS

We bring the equipment. You bring the squad.

What To Expect

- ✓ Workouts designed for all fitness levels.
- ✓ Station-style and team-based formats.
- ✓ Coaching that keeps everyone challenged & safe.

How It Works

Grab a friend, coworker, or small crew.

Pick a weekly time slot that everyone can commit to.

Train together at the same location.

Training Rates

Partner Training (2 people): \$50 per person / per session

Small Group Training (3-5+ people): \$25-35 per person / per session

Monthly plans available for partners or groups committed to weekly training! [CLICK HERE](#) to learn more.