

1:1 PERSONAL TRAINING

What To Expect

- ✓ Private, one-on-one coaching.
- ✓ Customized programming designed for your goals.
- ✓ Full equipment setup delivered to you.
- ✓ Training at your home, office, or favorite outdoor spot.

How It Works

Travel Gym runs like a monthly subscription.

Your weekly time slot is reserved during all operating weeks.

Subscription Plans

4 Sessions / 8 Sessions / 12 Sessions / Etc.

60-minute sessions. Inquire for pricing details.

30-minute “express” sessions are offered selectively and may not always be available. Let’s chat to see if they’re a good fit!

CLICK HERE to schedule a consultation.