

Are you ready for a new challenge?

Introducing the

Beachside BOOTCAMP

12 weeks of in-your-face fitness to get you to the top of your game.

WHAT'S INCLUDED:

A comprehensive, one-on-one evaluation with a licensed Physical Therapist to ensure you're ready for the challenge

3 – 30 minute follow ups with a licensed Physical Therapist to track progression

10+ hours with a Personal Trainer to develop a personalized workout routine that is guaranteed to get results

Admission to 2 group fitness classes per week – including Pilates, Yoga, Zumba, Circuit Training, Beginner's Fitness & More!

See our class schedule online



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