

fitness workouts-24 hr fitness-fitness training programs-muscle and fitness

The Transform Fitness Attitude

Our Vision

Transform Fitness is just that—transforming the perception, process and possibilities of personal fitness. This transformation occurs at every level:

Our environment defies expectations of an exercise facility;

Our unique training programs are the first ever to blend high intensity strength training with yoga and core spinal integration;

The end results do not stop at physical transformation, but empower our clients to envision—and achieve—self body-mind mastery.

Our Mission

Our mission at Transform Fitness is to help clients surpass their physical and mental thresholds to transform themselves and achieve their desired level of well-being, fitness and health. We pride ourselves in the integrity, innovation and passion we bring to our customized transformational fitness programs.

- Integrity is honestly assessing what best serves client goals, producing a Customized Transformational Fitness Program accordingly, and delivering the highest quality of service. We do not “upsell” services that are not in line with client goals, nor do we invent “new” services simply to follow market trends. We see exercise as a form of investing. Not all exercise choices are equal. Some carry greater risk of injury, others cost too much time to yield results, and many don’t yield the results we desire at all. We utilize sound reasoning and time-tested principles to you find the best fitness investment of your time and energy.

- Innovation is taking the essential elements of the most effective exercise practices, and then going beyond to offer a service that incorporates the best of all of them. We are the first to customize programs for our clients by blending high-intensity strength training, core-spinal integration, and yogic movements. And we empower our clients to make intelligent choices in their life regarding food, movement and relaxation practices.

- Passion is our desire to make possible a new vision of what exercise can be, and help our clients see—and fulfill—a new vision of themselves.