

Promoting Positive Energy Every Day!

Mission Statement:

To fulfill students' fitness goals in a safe and effective way. We will treat every client with respect and dignity and not let outside factors conflict in our ability to train successfully.



Team Fit exists to motivate, educate, and inspire people to reach optimal levels of performance and balance in life. Our expert and passionate team is driven to transform lives by empowering people to reach their full potential.

We achieve this through group fitness, personal training, athletic conditioning, life success coaching, and on-going support, motivation, and accountability. Our comprehensive, holistic approach to fitness and wellness in an environment that fosters a positive energy and friendly spirit empowers you to reach a heightened state of physical, mental/emotional, and spiritual balance.