



PERSONAL TRAINING

TUESDAYS 11AM - 1PM
THURSDAYS 9AM - 11AM



Fitness Consultation

Jumpstart your journey with expert advice tailored to your goals.



Personalized Program Design

Craft the perfect workout for your unique body and aspirations.



Weight Training & Instruction

Transform and strengthen with targeted techniques that deliver results.

\$25 for 30 min.

\$35 for 1 Hour

Start Today!

SEYMOUR CENTER: 2551 HOMESTEAD RD, CHAPEL HILL, NC

VISIT OR CALL THE FRONT DESK AT: 919-968-2070