

BlakeSt.

FITNESS OFFERINGS

PERSONAL TRAINING

PERSONAL TRAINING 30MIN

A 30-minute training session to focus on a fitness goal of your choice in more detail. Cardio endurance, core improvement, upper or lower body training, you name it!

PERSONAL TRAINING 60MIN

Whether you're just starting out or a fitness fanatic, our personal training sessions are here to guide our Members through their health and fitness goals — from weight loss to muscle building to general improvement across fitness levels.

PERSONAL TRAINING 90MIN

A longer personal training session tailored to your needs. Your fitness coach will guide our Members through their health and fitness goals — from weight loss to muscle building to general improvement across fitness levels.

MOM-TO-BE TRAINING 60MIN

We've designed a personal training session for expectant mothers to address their needs for a healthy pregnancy (and beyond). These sessions will be led by a Women's Health certified instructor.

CORRECTIVE EXERCISE 60MIN

Corrective Exercise is a technique that leverages an understanding of anatomy, kinesiology and biomechanics to address and fix movement compensations and imbalances to improve the overall quality of movement during workouts and everyday life.

SEMI-PRIVATE TRAINING

This session is for 2-4 people working out together. Whether you're just starting out or a fitness fanatic, our personal training sessions are here to guide our Members through their health and fitness goals — from weight loss to muscle building to general improvement across fitness levels.

PILATES REFORMER

PILATES REFORMER 30MIN

A quick Pilates Reformer workout focused on strengthening the core and all major muscle groups. Designed to define, shape and tone your body. Exercises on the Reformer improve torso stability and postural alignment while working limbs in a range of motion. You'll receive an effective, no-impact workout that is also joint friendly.

PILATES REFORMER 60MIN

A well-rounded Pilates Reformer workout focused on strengthening the core and all major muscle groups. Designed to define, shape and tone your body. Exercises on the Reformer improve torso stability and postural alignment while working limbs in a range of motion. You'll receive an effective, no-impact workout that is also joint-friendly.

NUTRITION

NUTRITION COUNSELING 30MIN

Become healthier and feel good about the food you eat with one-on-one expert nutrition coaching. Get a personalized plan, consistent support, and easy recipes from our nutrition coach. Dump dieting for good and build healthy habits.