

POWER PACK

PERFORMANCE PACKAGE

Lead by expert Daniel Bohnett



Welcome to our Performance Program! This is a small-group, personal training program specifically geared toward education and results. This program combines the individualized attention to detail you would receive from personal training with a fun and engaging small-group environment. With an emphasis on strength training, power development, functional mobility, and conditioning, this program will take you to the next level physically and mentally, all while helping you look, feel, and move better in the process. Throughout the program, you will also develop nutrition and recovery strategies to truly leave no stone unturned in the pursuit of progress. And to truly round it out, Power Pack not only integrates boxing training into the program to give you a genuinely unique and effective experience, but 2 free In-body scans are provided to complete at the Pharmacy next door to track results. So, hold on tight and get ready to become an absolute savage with us!