



AUSTIN'S GEM OF A GYM

YOUR LOCAL ONE-STOP SHOP FOR FITNESS & WELLNESS SINCE 2002



CLUB FEATURES

- » 21,000 square feet & 2 Stories of Uniquely Designed Spaces
- » Specialized Strength & Cardio Equipment
- » 100+ Weekly Classes in a Wide Variety of Formats
- » Experienced Training, Spa, and Wellness Team
- » Flexible Memberships & A La Carte Passes
- » Infrared Saunas

AMENITIES

- » Locker Rooms & Showers
- » Towel Service & Toiletries
- » Online Booking & Mobile App
- » Free Wifi & Convenient Parking



12TH & LAMAR BLVD.
(512) 478-4567



OUR FITNESS & WELLNESS SERVICES

- » Strength Training
- » Pilates & Yoga
- » Cancer Exercise
- » Acupuncture
- » Nutrition Services
- » Physical Therapy
- » Massage
- » Skin Care
- » ...and more!