



We now offer personal training.

We would like to introduce the Personal Trainers.

Bear Bangs knows a little bit about Weight Loss. After a visit to the Doctor in 2010, he took one thing the Doctor said and turned it into the wake-up call that spurred massive change.

A few months later, he made the decision to begin his Weight Loss Journey. After losing more than 110 pounds in less than 6 months, and maintaining a healthy weight since then, Bear has dedicated his life to empowering others to make their Weight Loss Goals a reality.

Bear has one simple piece of advice for those who don't know where to start:

"Once you have a strong enough "Why" in place, the "How" will take care of itself."

Bear is determined to help you find your "Why" AND your "How."

Don't wait until you get your "wake-up call" to take action on making YOUR Health & Fitness Goals a reality. Do it today! Do it for YOU!

Christina Fennell started her journey into fitness 7 years ago. She started working out in her spare bedroom at 3:00 AM 5 days a week. Starting at 30 minutes, over time she built her way up to almost 3 hours per day.

After losing 45 pounds, she decided she loved exercise! It became her passion to motivate others and to help them on their own journeys.

She decided to go to the local gym and applied to be a fitness instructor. Soon after starting with just one class, the numbers quickly rose to 12 classes in a week.

She still wanted to help more!! At this point 6 years ago, she decided she wanted to train individuals, while still teaching her classes. The rest is history.

She has a desire to educate and help her clients gain the confidence that is needed to accomplish their dreams. Anyone who works with her knows that even when they are working out on their own, they are still working with Christina on their team.

When it gets tough, she has been known to get down with her clients to finish strong and repeat this phrase together:

"We've Got This!"

CSI Student Rate: \$30.00 Per Hour

CSI Employee Rate: \$30.00 Per hour

Community Member Rate: \$40.00 Per Hour