

SMART FITNESS© -- COMING SOON FALL 2015!

Smart Fitness offers both personal fitness training and group circuit training classes with our Fitness Coach using state-of-the-art SCI FIT© training equipment. Schedule an appointment with our Fitness Coach to design to help you improve strength, rehabilitate after an injury, decrease falls, increase flexibility, strengthen core muscle groups, relieve pain, improve cardiac function, bolster exercise endurance, and lose weight. Smart Fitness fees are paid up front at the time of your visit as fee for service and are not filed with insurance.