

PERSONALIZED FITNESS CLASSES

Are you interested in bringing a private group in for a workout or renting our space for a team/staff meeting?! Our certified instructors will offer private group classes during available gym times!

Gather a small group of friends, a group, an organization, a business, or a team for a workout of your choice! We would LOVE to host a PRIVATE class just for your group! If you have a class/workout, duration, and an overall goal for the workout in mind we're here to give you a great experience & help you come up with something geared for your group!!

This is a very non-intimidating way to try a class with a group of friends, a fun way to get employees out of the office for a mental break and get moving, a fun way to spend time team bonding, a way to get out of the house during a family holiday and move & laugh together, the options are endless!

You can also rent our space, our Spin bikes, or use the walking track for your work/staff meetings, etc!

Call 589-6864 or email Shadow at also7527@morris.umn.edu to inquire!

