

Hello & Welcome to your Personal Trouble Zone

We are excited to connect with you & assist you on your journey to improved Health & Fitness. PTZ is a unique health & fitness program dedicated to helping you master your body and your health.

Through our Innovative Movement, Function and Body Awareness Programs, we enthusiastically guide you to results whether your goals are Healthy Weight Loss, Peak Fitness & Sports Performance, Radiant Health & Beauty, Stress Management, Injury Prevention & Repair &/Or Increased Energy, Vitality and Mobility.

Call or come by and experience an alternative and progressive approach to how you exercise. At PTZ, we integrate one-on-one & small group Functional Strength Training, Pilates, Yoga, Tai Chi, Corrective Exercise, Interval Cardio, Massage Therapy, and Physical Therapy to help you TRAIN FOR SUCCESS.

We are a launch pad for people who sincerely want to reach their goals. Experience REAL VALUE where the atmosphere is NON-INTIMIDATING AND SUPPORTIVE - where ALL AGES & FITNESS LEVELS ARE WELCOME .

***MENTION OUR WEBSITE & RECEIVE A FREE CONSULTATION AND 1/2 OFF ANY 1ST TIME SERVICE. Call one of our Fitness Professionals to set up an appointment today!**

SEE OUR CALANDAR FOR ALL CLINIC INFO..

FIND BALANCE IN YOUR BODY, IN YOUR MIND AND IN YOUR LIFE!