Training With HVA!

Initial Assessment With Client

In-Person Workouts & Nutritional Guidance

Support & Accountability

2024, 2025, 2026 Chronogram #1 Gym in the Hudson Valley!

Program Name: Training For Life

This is our 1 on 1 inclusive & in-person coaching program for adults. Some workout examples are: walking/tracking mileage, bodyweight movements, & resistance training. The client's needs will be prioritized. A focus will be on increasing strength, endurance, coordination, balance, and social skills. The sessions are 45 minutes in duration & the rate is $75 per session. We have a few different amazing coaches who could work with prospective clients!

Head Coach/Owner Contact Info

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