

Barefoot Small Group Personal Training

Groups of up to 6 people are large enough to be fun, but small enough to provide high quality training.

- Truly personalized small group training at less than half of the cost of 1-on-1 training.
- Great improvement in foot posture, core stability, glute strength and postural alignment.
- Currently we are offering Three Programs focusing on strengthening.
 1. Barefoot Balance Core
 2. Barefoot Strength
 3. Barefoot Total Body Blast
- Continuous evaluations to help you monitor your progress (every 3-4 weeks).
- Education and accountability.
- Facebook Support.
- Motivation and inspiration in a private studio.
- Fun, energizing group events and education workshops.