



MISSION STATEMENT

Founders HIIT & Strength Club is an innovative fitness facility specializing in High Intensity Interval Training classes, using our unique Flight format.

Our classes are taught by a dynamic team of experienced coaches in a high-energy, socially interactive, and fun studio atmosphere.

The Flight format combines elements of functional movements and strength training, with a whole-body focus and highly varied exercises, in a circuit of high-intensity intervals. The flexible, highly adaptive, and varied structure of the workout is designed to ensure individually challenging and optimal workouts for each client, regardless of fitness level.

Our schedule features diverse classes consisting of different configurations, timing, and tempos, ensuring each experience is unique and original.

Ready to take it to the next level? Founders HIIT & Strength Club also offers Personal and Small Group Training utilizing our Accelerator Training Program. This progressive, periodized strength and conditioning platform is a highly individualized, goal oriented program focused on developing stability, strength, cardio, and proper form and technique.

All of our programs will help each client build lean muscle, smash through progress barriers, and burn fat this supportive, inspiring, and fun environment.

It's time to forget the monotony of yesterday's workouts, have fun, and H.I.I.T. it!