



Ryan Jackson Crossfit



He has more than 10 years of experience in CrossFit and professional athletics.



Emily Perkins Fitness



Emily can teach you all peculiarities of fitness and aerobics in a group or individually.



Samantha Ruiz Yoga



Our leading yoga coach, Samantha, will help you reach full harmony with your body.



Austin Ortiz Bodybuilding



Austin is not only our most called-for coach, but also a winner of many championships.

VIEW ALL COACHES

Testimonials



I came here to acquire the shape of my body I had half a year ago. I was quite surprised with a range of services they offered me at Intense Gym. Moreover, you can benefit from their group training



Alice Wilson
Regular Client

