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About

Classes

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Trainers





THIS ISN'T JUST A GYM!

We are a widely supportive inclusive community that gives two shits about helping YOU unleash YOUR superpowers via expert coaching in personalized, results-based, and FUN, group classes; making FUELhouse the only gym you never want to leave.

100 We strive to live healthier and happier lives and we enjoy helping others do the same.

We're parents, couples, singles, young, old and everything in between.

We know who we are, and we like who we are.

"WE'VE RISEN TO THIS CHALLENGE BY CONSIDERING ALL OF THE FACTORS NEEDED TO TURN A FITNESS CLUB INTO A SECOND HOME."

COMMITMENT TO EXCELLENCE

Your workforce crushes every aspect of life and expect us to do the same. From beautifully designed and always clean spaces to state of the art equipment, it is our personal mission to deliver an optimal fitness experience.

GROUP FITNESS

Keeping it fun and fresh is the key to a consistent and solid routine. Your workforce will experience passionate instructors and a range of classes from cycle to strength to HIIT to Barre and Yoga. We have fitness classes across clubs that will support all fitness goals.

TEAM TRAINING

Training in a small group with award winning personal trainers every week. Accountability, results, and savings.

PERSONAL TRAINING

 $\label{thm:continuous} \textbf{Take the guesswork out of fitness and work with our award winning and nationally}$



certified personal trainers for better confidence, better form, and better results.

COMMUNITY

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COMMUNITY belief that healthy people sustain nealthy communities.

serving Boston with award winning fittness service.



with postons best instructors at the i

Class Description Sign-up for class Training Library

Group Classes 1 on 1 Coaching Pilates **Nutrition Coaching Monthly Membership**

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