



TITAN FITNESS & GYM

HOME

SERVICES

ABOUT

EXPERTS

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TRAIN INSANE OR REMAIN THE SAME



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YOGA

Yoga is a great practice for both the body and the mind, it offers peace and mindfulness to its lovers and helps them get through daily stress.

Mon to Fri: 7am to 6pm



WORKOUT

If you want something you've never had, you must be willing to do something you've never done.

Mon to Fri: 7am to 6pm



AEROBIC

When doing your aerobic exercise, go at a comfortable pace until you've developed more stamina.

Mon to Fri: 7am to 6pm

OUR SERVICES

What's more important than working out regularly? Doing the correct exercises, and doing them right. Get TFG expert insights on fitness – everything from improving form and technique to navigating your way through the gym. Discover a routine that fits your needs, and understand the why behind the workout.



Weight Loss

Boosting your body image can help you stay motivated to lose weight. Try the activities mentioned below to improve your body image.



Aerobic

Many studies show that depressed patients who stick to a regimen of aerobic exercise improve as much as those treated with medication.



Exercises

When it comes to health and well-being, regular exercise is about as close to a magic potion as you can get.



Health Tips

The futur doctor won't give a medicine, but will involve the patient in the proper use of food, fresh air, and exercise.



Training

The difference between the impossible and the possible lies in a person's determination.



Smart Advice

If you want something you've never had, you must be willing to do something you've never done.

ABOUT US



Our Fitness Center

Titan Fitness & Gym was founded in 2018 as a family owned and operated business. TFG founders didn't want it to be just another gym equipment retailer - they wanted to be the best in the industry and set their minds to doing so! Since its birth, TFG helped customers live longer, happier and healthier lives.

We want to help you live a fit and healthy lifestyle! We do this by helping you find the most suitable equipment for your home gym, studio or commercial gym, keeping your budget, lifestyle and fitness goals in mind. We stock a wide range of gym equipment, with strength equipment, cardio, cross training and so much more. Our awesome team is always keen to help, so please call us to discuss your needs.

We believe in encouraging, supporting, challenging, learning and growing to be the best. At Gym and Fitness, every morsel of feedback is a nugget of shiny gold because it gives us the opportunity to provide the best customer experience.

TRAINED TEAM

There's nothing better than having your very own coach, mentor and cheerleader. Need an extra push? That's why we're here. Our personal trainers are certified experts in exercise physiology, anatomy, training program development, exercise application and fitness assessments. And they excel at applying that knowledge to your own goals, no matter your age or fitness level.



John Doe

Founder

Our certified personal trainers are committed to supporting you in transforming your health and achieving your fitness goals.



Armani Krist

Trainer

Our trainers will be by your side for every workout - and keep you focused on becoming your best self.



Micellir Faeny

Trainer

Our fitness team continues to research and develop innovation ways to make you stronger and healthier.



Kim Lendy

Trainer

We will develop a personalized fitness strategy tailored to your specific needs filled with support.

GALLERY

Take a tour in our gym and have a look at our club.





PACKAGE

We welcome everyone here, regardless of what level they're starting at. Get ready to have fun and get fit on your own terms. Join us today, start by choosing the right membership pricing option below.

50,000 L.L.
Monthly
BASIC

100,000 L.L.
Monthly
BUSINESS

150,000 L.L.
Monthly
PROFESSIONAL



50,000 L.L.
Monthly
BASIC

Workout classes
Personal trainer
Shower
Free wifi
Access to lockers
1 extra class per week
+10,000 L.L. for 1 extra class

Get It Now!

100,000 L.L.
Monthly
BUSINESS

Workout classes
Personal trainer
Aerobic/Yoga classes
Shower
Free wifi
Access to lockers
2 extra classes per week

Get It Now!

150,000 L.L.
Monthly
PROFESSIONAL

Workout classes
Personal trainer
Aerobic/Yoga classes
Shower
Free wifi
Access to lockers
5 extra classes per week

Get It Now!

OUR STATS

6850

Clients

1465

Completed

4325

In Progress

2568

Revenue

CONTACT US

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Send