

Join Galter Life Center in October and SAVE!

Join now for only a \$50 enrollment fee!



Focused Fitness

Focused Fitness gives you access to our specialty small group classes. Limited up to 10 participants, these classes provide more individualized attention. The classes use specialized equipment and our expert instructors to help you achieve focused results.



Personal Training

Whether you are looking for accountability, motivation, instruction, fun, variety or just an awesome workout, we're here to help. Our personal trainers work to understand your needs and how best to collaborate with you.

New members can purchase the Personal Training Intro Package: 3 sessions for only \$139!



Integrative Therapy

Rejuvenate your body, revitalize your spirit with massage therapy or acupuncture sessions. Our integrative therapy programs can help relieve pain, reduce stress and help promote natural self-healing. **New clientele can purchase the Integrative Therapy Intro Package: 2 sessions for only \$129!**