

Look good. Feel great! The right way.

Struggling to reach your fitness goals because of the conflicting information from friends, fitness magazines, and trainers? Eat this, not that. Cardio before or after strength training?

Innovative Fitness can help. With 20 years of experience, we can provide credible information and guide you on your fitness journey.

No more guessing games. Along with exercise routines, we will also provide nutritional information that's right for you.

As we create an in-depth assessment and specific fitness goals for you, we will design a program that will finally help you look good and feel great, the right way.

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A Fun and Safe Way to Exercise

Exercising, losing weight, and increasing strength is fun at Innovative Fitness. Our veteran trainers at our Gig Harbor gym can make exercise both effective and fun. Our personal trainers in Tacoma specialize in group or buddy training, which can be a great way to increase enjoyment, making exercise more social and more affordable!

Innovative Fitness offers a safe environment which is very important to those who need extra precautions, such as our aging clients or those exercising with medical conditions. If you have such needs, we ensure your safety to create a positive exercise experience for you. You can take the time to learn proper exercise techniques, improve your results, and prevent those chronic injuries.

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Experienced and Knowledgeable

We don't have a magic pill, but we guarantee that with our experienced and knowledgeable trainers, your health and fitness will improve. A trainer can help remove the guessing and "trying" so you can put all your energy toward accomplishing your goals.

If you are a beginner or find that some exercise movements are painful, our attentive trainers are available to ensure that you are moving in a safe and effective way. That's making your time and money a worthy investment. As you continue, you'll look and feel better than ever, and you'll finally overcome all those challenges and struggles from the past.

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Committed to Your Cause

Innovative Fitness is committed to your cause! When it comes to fitness, we are all different. Unique body mechanics, experience, goals, fitness level, likes, and dislikes are some of the elements that your trainer will use in creating a plan that is specific to your needs.

And with our trainers' unwavering support to your fitness goals, we will also hold you accountable and help you overcome all the excuses you might use to avoid your commitment to exercise. With a program that's tailored to you, we will motivate you to maintain the habit and see results.

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Our Services

We offer One on One Training, Small Group Training, and Large Group Training. No matter what you may need, visit one of our gyms in Tacoma or Gig Harbor and get started on your goals today. Come in and do a free assessment now!