



Functional Fitness is a place where you can come and have a sense of belonging no matter what else is going on in your life. We strive to provide a safe, comfortable and encouraging environment to help you achieve your fitness goals. All while having fun and enjoying the process along the way.

We believe fitness is for everyone no matter your abilities, financial situation or fitness level. We meet you where you are and walk this journey.

Our Training Center is individualized, personalized and private one-on-one training. If you are just starting out with an exercise program or you aren't seeing results with your current routine, our trainers can help.

Our Group Fitness Center offers a wide variety of classes. Whether you enjoy cardio, strength training or yoga, there is a class for everybody! Check out our website at <https://www.functionalfitnesswi.com/> to see our current calendar of classes. Your first class at Functional Fitness is **FREE** – bring a friend and come enjoy the fun.