

Fitness that adapts. Coaching that transforms.



Welcome to TriumphFit 360—where fitness meets purpose, progress, and empowerment. We help real people build strength, confidence, and lasting change through personalized coaching, expert guidance, and holistic support. Wherever you start, we're here to help you thrive for life.

VISION

TriumphFit 360 empowers individuals to move well, live strong, and thrive through personalized fitness, mindset coaching, and sustainable habits.

MISSION

- ▶ Empowering every body to move better, live stronger, longer.
- ▶ Redefining fitness through purpose, personalization, and sustainable progress.
- ▶ Building confident lives through strength, mindset, and daily movement.

TRIUMPHFIT 360

Thrive From Anywhere. Train With Purpose



OUR PILLARS



Fitness

- ✓ Personalized workouts tailored to your unique goals.



Nutrition

- ✓ Track progress, build habits, and stay accountable every single week.



Accountability

- ✓ Stay consistent, track progress, and thrive with real accountability support.



20% OFF
for New Members

OUR SERVICES

- Online Fitness Training
- Personal Training
- Small Group Fitness Training
- Corporate Fitness Training
- Senior Fitness Training
- Silver Sneakers Classes
- Nutrition Coaching
- The Lean 8-Week Challenge

BUSINESS HOURS

▶ **Monday-Friday**
5:00-11:00AM/4:00PM-8:00PM

▶ **Saturday**
9:00AM-12:00PM

Online Training

24 hours