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Call for a Free! Trial Class

Women nowadays have a busy lifestyle. Whether it being with high energy children all day or managing a career and coming home meeting expectation of a good mother and wife. All this and trying to stay healthy with an activity they can enjoy for themselves. Heart disease (which is women's number one cause of death), and Osteoporosis is a main concern for most women and can be avoided with the proper exercise volume and intensity.

Transcend Sports Training and Fitness Complex, located behind the Carousel Village just one mile from Newtown, wants every women at any age to experience and enjoy being healthy and athletic.

Transcend is the first to introduce a women's only small group training schedule to give women a enjoyable way to increase cardiovascular conditioning, increase bone density, increase flexibility, strengthen their core, and gain multi plane athleticism without sitting at a machine and counting reps.

Classes are implemented by nationally certified professional coaches and use some of the same principles found in training athletes modified for the everyday women.

Call now and enjoy being a women who can take on the world again.

