

PALM BEACH SPECTRUM GROUP

We are your expert in providing quality adaptive fitness programs geared toward those with disabilities.

IN HOME
& CATERED TO
YOU

WE OFFER



CONTACT US NOW



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[@pbspectrumgroup](https://www.instagram.com/pbspectrumgroup)



ISSA Certified Corrective Fitness
Strength & Conditioning

WEEKLY TRAINING & PACKAGES

Weekly scheduled sessions offer flexibility from week to week.

We offer packages that span from 8 to 12 sessions providing consistency and ensuring greater results.

SOLO/GROUP TRAINING

Solo and group (2-4 people) sessions available upon request.

Solo sessions offer more detailed routines whereas group workouts offer a community outlet for clients.

CATERED WORKOUTS

With veteran experience, clients are given crafted workouts to hit specified goals while keeping overall health in mind.

Clients will see a variety in the workout each session promoting creativity.