



Start Your Fitness Journey Today!

XS has curated targeted programs, with certified personal trainers, nutritionists and coaches to meet the needs of different fitness goals. XS Fitness Programs are an entry point for anyone looking to get active, tone, build strength or just create some positive habits.



TONING

| PROGRAM |

Transform your physique by sculpting lean muscle and shredding fat.



MUSCLE GAINS

| PROGRAM |

Develop size, strength, and endurance to enhance your physique.



PEAK PERFORMANCE

| PROGRAM |

Maximize your athletic potential through agility, conditioning, strength, and recovery training.



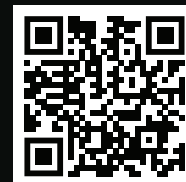
BURN

| PROGRAM |

Fuse cardio and resistance training to ignite fat loss and establish a strong fitness foundation.

XS FITNESS PROGRAM

Build a community of fitness enthusiasts.



Scan QR code to get started