



WELCOME TO EMPOWER CLUB: YOUR HOME FOR STRENGTH, CONDITIONING, AND MORE

At Empower Club, we've built something special from nearly 20 years of coaching & programming experience.

Whether you're a top-level athlete or just someone who wants to stay fit and healthy, this is the place for you.

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WHAT TO EXPECT AT EMPOWER CLUB

We design our classes around solid strength & conditioning principles, the kind you'd find in elite sports clubs but tailored for everyone—from field-based athletes to local sports enthusiasts, or more importantly your everyday local warrior who wants to stay fit, strong & healthy.

Our programming evolves in blocks: 6, 8, or 12 weeks. So you're always progressing and seeing results. We take a lot of pride in the fact that our sessions are designed & led by people who really know their stuff. We want everyone to benefit from high-quality programming, no matter your background.



EMPOWER CLUB'S CORE PILLARS

- **FSL (Fundamental Strength and Lifting):** This is our foundational class focusing on the big, essential lifts. It's perfect for anyone who wants to build strength steadily over time.
- **Perform:** This class mixes heavy lifts with explosive movements to boost your speed, power, and agility. It's great for athletes and anyone wanting to feel more athletic.
- **Conditioning Classes:** We have "Grind" for endurance, "Elevate" for threshold efforts, "Intensity" for sprints, and "Hustle" for HIIT-style intervals. We're focusing on developing all 4 key energy systems.
- **Empower Athlete:** Our ultimate challenge that blends all these elements into one fan-favorite session. This is your graduation session.
- **Empower Run:** We extend our expertise to running programs too, helping you translate your gym gains into running success, whether for marathons or just improving your daily jog.



IN SUMMARY...

Empower Club is all about top-tier programming delivered in a supportive community.

We take pride in offering sessions that are crafted by experts and suited to anyone, from serious athletes to weekend warriors.

Our training template has been built over 20 years with testing on everyday people just like YOU.

We pride ourselves on putting together this system for you where all your job is to just show up and we map out the rest for you.

So get ready to become your strongest, healthiest, fittest version of yourself.



WHAT'S NEXT?

Contact us:



info@empowerclub.org

Follow us on Instagram, and drop us a message today:



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

We are always happy to have a conversation with all our on-boarded and incoming members to answer any questions or concerns you may have, so reach out at any time through the links above.

Download the Empower Club App:

