



Fundamental Fitness is a **cutting edge** personal training studio with a focus on total body wellness. With a location in the heart of Memphis, we strive to provide an opportunity and instruction for a healthy and productive life.

Fundamental Fitness is dedicated to helping you achieve your fitness goals and maintain a lifestyle of **health and vitality**. Our Memphis personal trainers are certified and have years of experience providing the best possible workout experience to our clients. Fundamental Fitness has wide range of programs designed by Memphis personal trainers.

Our services include **cardiovascular programs to corporate wellness programs**, all of which are developed by certified personal trainers. With a large variety of experiences in all aspects of health and wellness, our certified personal trainers help each client individually achieve their goals.

Fundamental Fitness' studio is a comfortable and inspiring atmosphere for all of our clients. We strive to provide you with the best possible service every time you visit. Please come experience a chance at a healthier and more active lifestyle.

We look forward to meeting you.

Please [contact us](#) to discuss your fitness goals.