

CLASSES / BILLINGS, MT / SIX WAYS TO SHOW UP

STRONG IS A GROUP EFFORT.

Group fitness classes in Billings — coached stations, honest sweat, and a room that learns your name by week two.

SEE THIS WEEK'S SCHEDULE

GET FREE FITNESS ASSESSMENT

01 / THE LINEUP

SIX WAYS TO SHOW UP.

Each one opens straight to its own times on the live schedule. Seasons move the timetable around — when this page and the schedule disagree, the schedule wins.



SIGNATURE

BODY SHAPE

The signature strength class on the 4-10s model — four stations, ten minutes each: core, cardio, upper, lower. Coached the whole way.

MON / WED / FRI 10 AM · MON / WED 5:30 PM



HIGH ENERGY

KO BOOTCAMP

Sixty minutes of Tabata, circuits, strength, and endurance with a core finisher. Different every time, scaled to every level.

TUE / THU 8 AM · 11:30 AM · 5:30 PM · SAT 8 AM



GENTLER PACE

BOOMER BOOTCAMP

Strength at a steadier pace — built for beginners and anyone who wants to carry groceries without a second thought, keep hiking, and stay strong for the life they already have.

2x PER WEEK · \$88 / 4 WEEKS

SEE TIMES ↗

SEE TIMES ↗

SEE TIMES ↗



LUNCH-BREAK FIT

30-MINUTE STRENGTH

In, lifted, out. A coach-guided strength workout that changes daily and respects your calendar — the perfect first class if an hour sounds like a lot.

30 MINUTES · ALL LEVELS



BEGINNER FRIENDLY

BALANCED YOGA

Sixty minutes of beginner-friendly yoga to balance the barbells — mobility, breath, and a reset for training days.

60 MINUTES · MATS PROVIDED

SEE TIMES ↗



FREE INTRO

OPEN GYM OFFICE HOURS

Walk the floor, meet a coach, ask the questions you've been sitting on. No workout required — this is how most members started.

MEET A COACH · NO PRESSURE

SEE TIMES ↗

FULL RACKS. FULL MATS.

Black walls, loaded bars, and a floor that fills up for everything from bootcamp circuits to the occasional goat on a yoga mat. Nobody's filming anybody — people are too busy working.

Six classes is a lot to pick from cold. You don't have to — the free assessment is one hour with one coach, and you walk out knowing which one is yours.

GET FREE FITNESS ASSESSMENT



03 / FIRST BELL

THREE CLASSES. THIRTY-THREE DOLLARS.

Try any classes on the schedule for two weeks. If it's not your room, you're out \$33 and a few good workouts.

TRY 3 CLASSES FOR \$33

SEE THIS WEEK'S SCHEDULE



Coach-led strength, nutrition, and accountability in Billings, Montana. It's not a quick fix. It's a lifestyle.

EXPLORE

GROUP CLASSES

SCHEDULE

PRICING

EVENTS & CAMPS

STORE

RESULTS

REVIEWS

SPONSORS

PROGRAMS

6-WEEK CHALLENGE

PERSONAL TRAINING

NUTRITION COACHING

BOXING & KICKBOXING

VIRTUAL COACHING

VISIT

712 Carbon Street Unit D, Billings, MT 59102

(406) 699-5681

knockoutlifestylemt@gmail.com

OPEN DAILY 4 AM - 10 PM
24/7 ACCESS FOR CARD MEMBERS

GET DIRECTIONS ↗

MEMBER APP - IOS

MEMBER APP - ANDROID

APPOINTMENTS / BILLINGS, MT / BOOKING TAKES ABOUT A MINUTE

BOOK A TIME.

Pick a service, pick a coach, pick a time. You'll get a confirmation before you close the tab.

01 / THE BOOKING BOARD / LIVE AVAILABILITY



 KNOCKOUT LIFESTYLE 712 Carbon Street Unit D, Billings, Montana 59102, USA

 SEARCH BY SERVICE NAME...

SELECT A SERVICE TO BOOK

EXPLORE SERVICES BELOW

NUTRITION

- 60-MIN 1:1 NUTRITION INITIAL ASSESSMENT

PURCHASE OPTIONS AVAILABLE ⌚ 1H >
- FITNESS CONSULTATION: SCULPT YOUR PATH TO WELLNESS

PURCHASE OPTIONS AVAILABLE >
-  FREE 6 WEEK CHALLENGE ASSESSMENT

PURCHASE OPTIONS AVAILABLE >

PERSONAL TRAINING

- SEMI-PRIVATE TRAINING

PURCHASE OPTIONS AVAILABLE >
- INTRODUCTORY WORKOUT

PURCHASE OPTIONS AVAILABLE ⌚ 1H >
- 30 MIN PERSONAL TRAINING

PURCHASE OPTIONS AVAILABLE >
-  ONLINE WAIVER

\$0.00 >
- 60 MINUTES PERSONAL TRAINING

PURCHASE OPTIONS AVAILABLE 
- 1-1 PERSONAL TRAINING

⌚ 1H \$20.00 >

PREFER A HUMAN? CALL OR TEXT [\(406\) 698-5681](tel:4066985681)



EVENTS & CAMPS / BILLINGS, MT / SEASONAL CARD

MAIN EVENTS.

What's happening at Knockout — camps, challenges, and the occasional goat on a yoga mat.

RESERVE A SPOT

01 / THE LIVE BOARD / DATES, SPOTS, AND SIGN-UP



SEARCH BY EVENT NAME

ALL EVENTS

OCT 3, 2026 - OCT 3, 2027



FILTER

OOPS! NO EVENTS FOUND!

PLEASE CHECK YOUR FILTERS AND DATE RANGE



Coach-led strength, nutrition, and accountability in Billings, Montana. It's not a quick fix. It's a lifestyle.



EXPLORE

GROUP CLASSES

SCHEDULE

PRICING

EVENTS & CAMPS

STORE

RESULTS

REVIEWS

SPONSORS

PROGRAMS

6-WEEK CHALLENGE

PERSONAL TRAINING

NUTRITION COACHING

BOXING & KICKBOXING

VIRTUAL COACHING

VISIT

712 Carbon Street Unit D,
Billings, MT 59102

(406) 690-5681

knockoutlifestylemt@gmail.com

OPEN DAILY 4 AM - 10 PM
24/7 ACCESS FOR CARD MEMBERS

GET DIRECTIONS

MEMBER APP — IOS

MEMBER APP — ANDROID



yours.

COACHING IS NOT MEDICAL ADVICE – TALK TO YOUR DOCTOR BEFORE STARTING A NEW PROGRAM.

that part hasn't cost anything since the top of this page.



8-0 AMATEUR MMA / PROFESSIONAL FIGHTER / WEST HIGH WRESTLING - 2x DEFENDING STATE CHAMPS

TRAIN LIKE A FIGHTER.

CONTACT US TO BOOK A SESSION

GET FREE FITNESS ASSESSMENT

Boxing & kickboxing in Billings, MT — pads, conditioning, and fight-camp discipline, without a single punch thrown at your face.

\$60 ONE-ON-ONE / THE ASSESSMENT IS FREE / ZERO EXPERIENCE, WRAPS PROVIDED

01 / WHY FIGHTERS TRAIN DIFFERENT

THE BEST SHAPE OF YOUR LIFE HAPPENS IN FIGHT CAMP.

Ask any fighter: nothing gets you leaner, faster, or more confident than training like a bout is coming. Footwork, pads, conditioning rounds — it burns like cardio, builds like strength work, and teaches you something gym machines never will. You don't have to compete to train like you do.

8-0

COREY'S AMATEUR MMA RECORD

2x

DEFENDING STATE CHAMPS — WEST HIGH WRESTLING

\$60

ONE SESSION ON THE PADS — ALL IT TAKES

12+

YOUTH BOXING & CAMPS START AT AGE 12



02 / PICK YOUR BOUT

ONE WAY ONTO THE MATS.

No price tiers to compare — one group circuit that runs like fight camp, \$20 a class. Show up once and you'll know if it's your thing.

GROUP CLASS

BOXING-INSPIRED CONDITIONING

\$20/CLASS

KO BOOTCAMP — GROUP CLASS

Fight-camp circuits with Tabata rounds. Engine building, in a room full of people doing the same.

SEE KO BOOTCAMP TIMES



03 / YOUR CORNERMAN

COREY'S FOUGHT FOR REAL. NOW HE FIGHTS FOR YOU.

College wrestler. 8-0 as an amateur. Professional fighter. Corey has spent more rounds on the mats than most coaches have spent in the gym — and the same discipline that got him through fight camp took 70+ pounds off him when life hit hardest.

READ THE WHOLE STORY

04 / MAIN EVENT

SIXTY MINUTES ON THE PADS WILL TELL YOU EVERYTHING.

One session with a coach who's done it for real. If it's not your thing, you're out \$60 — not your pride.

CONTACT US TO BOOK A SESSION

HAVE A QUESTION?



Coach-led strength, nutrition, and accountability in Billings, Montana. It's not a quick fix. It's a lifestyle.



EXPLORE

GROUP CLASSES

SCHEDULE

PRICING

EVENTS & CAMPS

STORE

RESULTS

REVIEWS

SPONSORS

PROGRAMS

8-WEEK CHALLENGE

PERSONAL TRAINING

NUTRITION COACHING

BOXING & KICKBOXING

VIRTUAL COACHING

VISIT

712 Carbon Street Unit D, Billings, MT 59102

(406) 698-5681

knockoutlifestylemt@gmail.com

OPEN DAILY 4 AM - 10 PM
24/7 ACCESS FOR CARD MEMBERS

GET DIRECTIONS ↗

MEMBER APP — IOS

MEMBER APP — ANDROID



NO GYM REQUIRED / JUST THE WORK / ANYWHERE IN THE COUNTRY

COACHING, ANYWHERE.

Knockout coaching, wherever you are — same coaches, same accountability, zero commute. Online workouts, weekly mentoring, and nutrition tracking.

CONTACT US TO GET STARTED



01 / WHAT YOU GET

EVERYTHING BUT THE DRIVE.



27 WORKOUTS IN THE PORTAL

FOLLOW-ALONG SESSIONS — DUMBBELLS, BANDS, OR BODYWEIGHT



WEEKLY MENTORING CALL

A REAL CONVERSATION WITH YOUR COACH — PROGRESS, PLATEAUS, THE WEEK AHEAD



VIP FACEBOOK GROUP

THE KNOCKOUT COMMUNITY IN YOUR POCKET — WINS, RECIPES, ACCOUNTABILITY



NUTRITION TRACKING

THE SAME HABIT-BASED TRACKING OUR IN-GYM MEMBERS USE — COACH-REVIEWED

CONTACT US TO GET STARTED

02 / TRAIN ON DEMAND

PICK YOUR PROGRAM.

The membership opens the whole vault and keeps growing as programs drop. The other three are single programs — pick the one that matches where you're starting. All of it plays from the same portal.

EVERYTHING. ALWAYS

ONLINE WORKOUT VIDEO MEMBERSHIP

The lead card — every workout in the vault, updated as programs drop

\$25/4WK

CONTACT US TO GET STARTED

SINGLE PROGRAM

PHASE 1 WORKOUT VIDEOS \$50

The original starting block — where Corey's own comeback began

CONTACT US TO ORDER PHASE 1

SINGLE PROGRAM

21 DAY BELLY BURN \$31

Three focused weeks — own it outright, or \$10/4wk to subscribe

CONTACT US TO ORDER THE 21-DAY

CONTACT US TO SUBSCRIBE

SINGLE PROGRAM

4-WEEK BEGINNER PROGRAM \$20

Dumbbells and bands only — the gentlest on-ramp we make

CONTACT US TO ORDER THE BEGINNER

03 / THE CORNER OFFICE

COREY IN YOUR CORNER REMOTELY.

Full 1-on-1 virtual coaching runs on a conversation, not a checkout page. Tell us your goal and your schedule, and we'll map the program together before any money moves.

CONTACT US

SEND A MESSAGE INSTEAD



Coach-led strength, nutrition, and accountability in Billings, Montana. It's not a quick fix. It's a lifestyle.



EXPLORE

GROUP CLASSES

SCHEDULE

PRICING

EVENTS & CAMPS

STORE

RESULTS

REVIEWS

SPONSORS

PROGRAMS

6-WEEK CHALLENGE

PERSONAL TRAINING

NUTRITION COACHING

BOXING & KICKBOXING

VIRTUAL COACHING

VISIT

712 Carbon Street Unit D,
Billings, MT 59102

(406) 690-5681

knockoutlifestylemt@gmail.com

OPEN DAILY 4 AM - 10 PM
24/7 ACCESS FOR CARD MEMBERS

GET DIRECTIONS

MEMBER APP — IOS

MEMBER APP — ANDROID



OUR STORY / EST. 2014 / BILLINGS, MONTANA

THE FIGHTER WHO BUILT A LIFESTYLE.

Knockout Lifestyle wasn't designed in a boardroom. It started with a coach watching his own fight footage and not liking what he saw.

MEET THE COACHES

01 / COREY'S STORY

FROM GYM OWNER TO BEFORE PHOTO — AND BACK.

Corey Willis had the résumé — college football, collegiate wrestling at MSU Northern, an 8-0 amateur MMA record, and four gyms by 2017. Then running those gyms did to him what desk jobs do to everyone else: the training stopped, the weight came on, and the coach became the before photo.

THE FOOTAGE DIDN'T LIE

Training for his first pro fight in December 2021, Corey watched his own tape and didn't recognize the fighter. That was the day Knockout Lifestyle was born.

70+ POUNDS DOWN — KEPT OFF

He built a nine-week system — nutrition, training, mindset, lifestyle. It took the weight off, put him under 15% body fat, and it's stayed off for over two years.

NOW IT'S YOUR CORNER

That system is the backbone of everything we run. Corey has coached hundreds of clients through weight loss, quitting smoking, and habit change — bring the drive, and we're with you every step.



COREY WILLIS / FOUNDER & HEAD COACH

02 / THE LINE

IT'S NOT A QUICK FIX. IT'S A LIFESTYLE. IT'S YOUR BREAKTHROUGH.

The line the whole gym is built on — and where every member's story starts: one free hour, a body scan, a goal, and a plan.

GET FREE FITNESS ASSESSMENT

SEE REAL RESULTS

ACCOUNTABILITY... MINDSET... NUTRITION... ACCOUNTABILITY... MINDSET...

03 / THE KNOCKOUT METHOD

THE WHOLE PERSON. NOT JUST THE WORKOUT.

Corey's nine-week system distilled what actually moves the needle. Three pillars carry every program we run — and none of them is a workout plan.



MINDSET FIRST

We won't start your program until we're both on the same page about where you're headed — and why.



NUTRITION THAT HOLDS

Protein-based eating, coached 1-on-1 — no forbidden-food lists, no 1,200-calorie punishment.



ACCOUNTABILITY

A coach who checks in before you need it — week five is why.

GET FREE FITNESS ASSESSMENT

TRAIN 1-ON-1 WITH OUR COACHES

04 / OFF THE CLOCK

FAMILY BUSINESS. LITERALLY.

Corey and Kayla are raising four daughters and a son here in Billings. He also coaches wrestling at West High — two-time defending state champions — and you'll find a Knockout crew at just about every mud run and race in Montana. When we say family atmosphere, we're not reaching for a slogan. It's just who shows up.

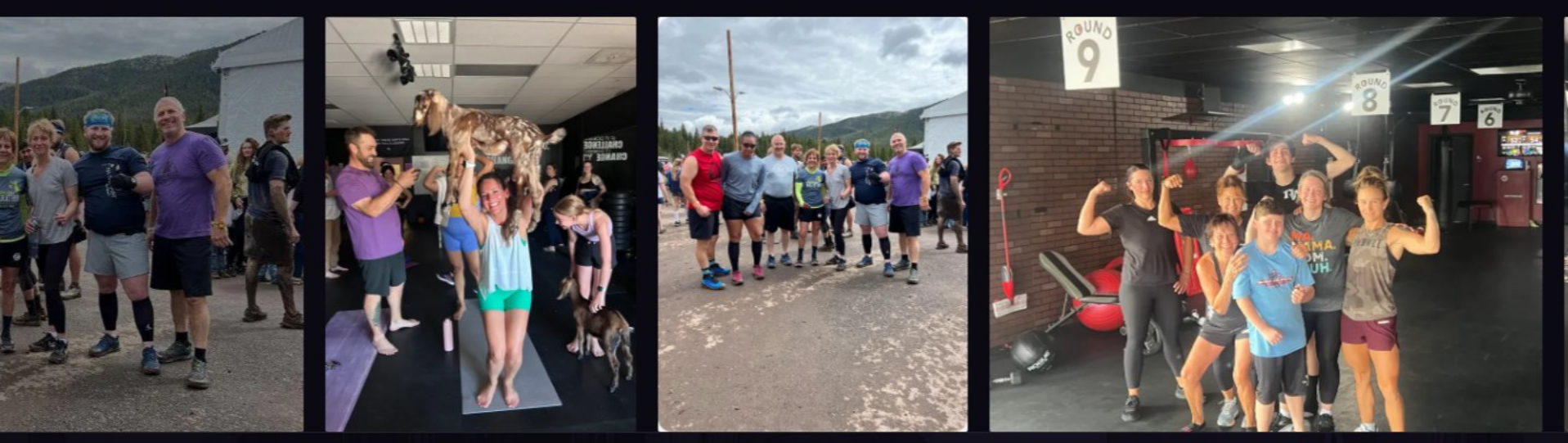
Beginners are welcomed here, not judged. Half our members walked in nervous. All of them got a coach who knows their name.



05 / THE CAMERA ROLL

WHAT SHOWING UP LOOKS LIKE.

Mud runs, goat yoga, podium mud, after-class flexes — straight off the camera roll, exactly the way it looks in here.



06 / YOUR FIRST ROUND

ONE HONEST LOOK. THAT'S HOW IT STARTS.

Corey's story started with his own fight footage. Yours can start with one free hour — a body scan, a goal, and a plan. That's the whole ask.

GET FREE FITNESS ASSESSMENT

MEET THE COACHES



Coach-led strength, nutrition, and accountability in Billings, Montana. It's not a quick fix. It's a lifestyle.

EXPLORE

GROUP CLASSES

SCHEDULE

PRICING

EVENTS & CAMPS

STORE

RESULTS

REVIEWS

SPONSORS

PROGRAMS

6-WEEK CHALLENGE

PERSONAL TRAINING

NUTRITION COACHING

BOXING & KICKBOXING

VIRTUAL COACHING

VISIT

712 Carbon Street Unit D, Billings, MT 59102

(406) 699-5681

knockoutlifestylemt@gmail.com

OPEN DAILY 4 AM - 10 PM
24/7 ACCESS FOR CARD MEMBERS

GET DIRECTIONS

MEMBER APP - IOS

MEMBER APP - ANDROID

THE CORNER TEAM / 7 COACHES / MOST STARTED AS MEMBERS

SEVEN COACHES ONE CORNER.

Most of this team started right where you are — as members, nervous on day one. Nobody trains here without a coach who knows their name, their goal, and their story.

GET FREE FITNESS ASSESSMENT

BOOK 1-ON-1 TRAINING

01 / TONIGHT'S CARD

THE ROSTER.

Seven coaches, most of them former members. Open a full bio and you'll see why they coach the way they do.



COREY W.

OWNER & HEAD COACH / 8-0 AMATEUR MMA

Pro fighter, wrestling coach, and the program's first success story — 70+ lbs down and still holding the line.

FULL BIO +



JOHANNA N.

COACH & PERSONAL TRAINER / MEMBER FIRST

Billings born and raised — joined Knockout as a member rebuilding after a back injury, and never left.

FULL BIO +



BRAYDON M.

COACH / ISSA-CERTIFIED PT / USAF OFFICER

ISSA-certified trainer, mechanical engineer, and Air Force officer — programming with precision comes naturally.

FULL BIO +

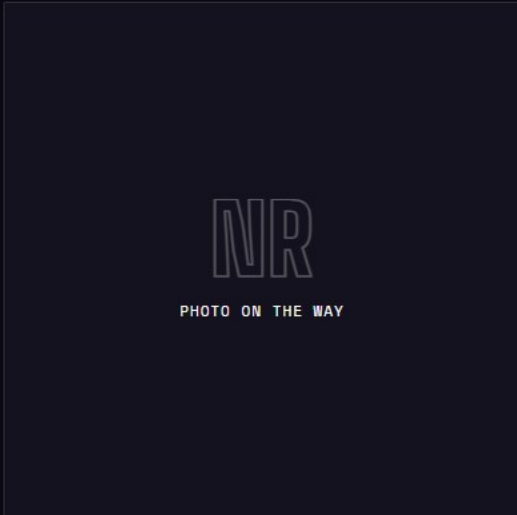


HAIDEN W.

COACH / 4-0-1 AMATEUR BOXING

Twenty years old, Billings native, and already years into the craft — certified trainer with an unbeaten boxing record.

FULL BIO +



NICOLE R.

COACH / EVENING BODY SHAPE

Leads the evening Body Shape crew — four stations, ten minutes each, all levels welcome.



TIFFANY M.

COACH & EVENT COORDINATOR

Coach and the planner behind Knockout's camps, challenges, and community events.



NANCY M.

COACH / DAYTIME BODY SHAPE

Runs the daytime Body Shape sessions — the 10 am crowd will tell you she notices everything.

02 / GET MATCHED

DON'T PICK A COACH. GET MATCHED.

You just met all seven. The free assessment sorts out which one is yours — one hour, a body scan, and a coach who leaves knowing your name and your goal.

GET FREE FITNESS ASSESSMENT

BOOK 1-ON-1 TRAINING



Coach-led strength, nutrition, and accountability in Billings, Montana. It's not a quick fix. It's a lifestyle.

EXPLORE

GROUP CLASSES

SCHEDULE

PRICING

EVENTS & CAMPS

STORE

RESULTS

REVIEWS

SPONSORS

PROGRAMS

6-WEEK CHALLENGE

PERSONAL TRAINING

NUTRITION COACHING

BOXING & KICKBOXING

VIRTUAL COACHING

VISIT

712 Carbon Street Unit D,
Billings, MT 59102

(406) 699-5681

knockoutlifestylemta@gmail.com

OPEN DAILY 4 AM - 10 PM
24/7 ACCESS FOR CARD MEMBERS

GET DIRECTIONS ↗

MEMBER APP - IOS

MEMBER APP - ANDROID



ANSWERS.

Questions, answered — the stuff people actually ask before they walk in. If yours isn't here, call or text: a coach answers, not a robot.



|

GETTING STARTED

MEMBERSHIPS & PASSES

TRAINING & NUTRITION

FACILITY & ACCESS

I'm a total beginner — will I be able to keep up?



What should I try first?



What happens on my first visit?



What's the difference between Basic and VIP memberships?



Can I get in outside staffed hours?



Can I pause my membership instead of canceling?



Do students get a discount?



Do you offer nutrition help?



Do I need to get in shape before I start personal training?



I don't live in Billings — can I still train with you?



Do you work with kids and teen athletes?



GETTING STARTED

MEMBERSHIPS & PASSES

TRAINING & NUTRITION

FACILITY & ACCESS

What are your hours?



Where are you located?



ASK A HUMAN.

Call or text and you'll get a coach, not a script. Or skip ahead and let the free assessment answer everything at once.



Coach-led strength, nutrition, and accountability in Billings, Montana. It's not a quick fix. It's a lifestyle.



EXPLORE

GROUP CLASSES

SCHEDULE

PRICING

EVENTS & CAMPS

STORE

RESULTS

REVIEWS

SPONSORS

PROGRAMS

6-WEEK CHALLENGE

PERSONAL TRAINING

NUTRITION COACHING

BOXING & KICKBOXING

VIRTUAL COACHING

VISIT

712 Carbon Street Unit D,
Billings, MT 59102

(406) 698-5681

knockoutlifestylemt@gmail.com

OPEN DAILY 4 AM - 10 PM
24/7 ACCESS FOR CARD MEMBERS

GET DIRECTIONS ↗

MEMBER APP — IOS

MEMBER APP — ANDROID



THE RECEIPTS / BEFORE & AFTERS / NO MODELS, NO FILTERS

REAL PEOPLE. REAL RESULTS SHOWING.

Every photo below is a Knockout member who shared their story on our old site. No models, no filters — just the work, showing.

START YOUR TRANSFORMATION

01 / BEFORE & AFTER

THE TALE OF THE TAPE.

Results vary with your starting point, consistency, and program — these members put in the rounds. Timeframes shown are their own.



DOOR ⚡ DOWN 70 LBS ⚡ NO MODELS, NO FILTERS ⚡ FEAR GONE AT THE GYM

02 / YOUR TURN

THE NEXT BEFORE PHOTO IS THE ONE YOU'RE AVOIDING.

Every story above started with one free hour — a scan, a goal, and a plan.

GET FREE FITNESS ASSESSMENT

READ THE REVIEWS



Coach-led strength, nutrition, and accountability in Billings, Montana. It's not a quick fix. It's a lifestyle.



EXPLORE

- GROUP CLASSES
- SCHEDULE
- PRICING
- EVENTS & CAMPS
- STORE
- RESULTS
- REVIEWS
- SPONSORS

PROGRAMS

- 6-WEEK CHALLENGE
- PERSONAL TRAINING
- NUTRITION COACHING
- BOXING & KICKBOXING
- VIRTUAL COACHING

VISIT

712 Carbon Street Unit D,
Billings, MT 59102

(406) 690-5681

knockoutlifestylemt@gmail.com

OPEN DAILY 4 AM - 10 PM
24/7 ACCESS FOR CARD MEMBERS

GET DIRECTIONS ↗

MEMBER APP - IOS

MEMBER APP - ANDROID

KNOCKOUT



CONTACT / BILLINGS, MT

FIND US.

Find us in Billings — call, text, message, or just walk in. Somebody's usually lifting something by 4 am.

01 / THE GYM

712 CARBON STREET.

712 Carbon Street Unit D,
Billings, MT 59102

(406) 690-5681 ↗

CALL OR TEXT / TEXTING GETS THE FASTEST ANSWER MID-CLASS

knockoutlifestylemt@gmail.com ↗

GET DIRECTIONS

02 / HOURS

MON - WED	4:00 am - 10:00 pm
THURSDAY	9:00 am - 10:00 pm
FRI - SUN	4:00 am - 10:00 pm

24/7 ACCESS FOR CARD MEMBERS

03 / SEND US A MESSAGE

COACHES ANSWER. NOT CALL CENTERS.

Tell us what you're working toward and we'll point you at the right first step. Fastest answer: call or text (406) 690-5681.

Name *

First Name

Last Name

Email *

Subject

Phone (Optional)

Message *

Your Message...

☐

Verify you are human



04 / ON THE MAP

EASY TO FIND.

EXPLORE

GROUP CLASSES

SCHEDULE

PRICING

EVENTS & CAMPS

STORE

RESULTS

REVIEWS

SPONSORS

PROGRAMS

6-WEEK CHALLENGE

PERSONAL TRAINING

NUTRITION COACHING

BOXING & KICKBOXING

VIRTUAL COACHING

VISIT

712 Carbon Street Unit D,
Billings, MT 59102

(406) 690-5681

knockoutlifestylemt@gmail.com

OPEN DAILY 4 AM - 10 PM
24/7 ACCESS FOR CARD MEMBERS

GET DIRECTIONS ↗

MEMBER APP - IOS

MEMBER APP - ANDROID

Coach-led strength, nutrition, and accountability in Billings, Montana. It's not a quick fix. It's a lifestyle.





YOUR ACCOUNT / KNOCKOUT LIFESTYLE / SECURE SIGN-IN

YOUR ACCOUNT.

Sign in to see your upcoming classes, passes, and payment details.

01 / SIGN IN / BOOKINGS, PASSES & PAYMENT DETAILS



SIGN IN TO CONTINUE

or

EMAIL

ENTER EMAIL

PASSWORD

ENTER PASSWORD

FORGOT PASSWORD?

CONTINUE

Don't have an account? [SIGN UP](#)

TROUBLE SIGNING IN? CALL OR TEXT [\(406\) 690-5681](tel:4066905681)



Coach-led strength, nutrition, and accountability in Billings, Montana. It's not a quick fix. It's a lifestyle.



EXPLORE

GROUP CLASSES

SCHEDULE

PRICING

EVENTS & CAMPS

STORE

RESULTS

REVIEWS

SPONSORS

PROGRAMS

6-WEEK CHALLENGE

PERSONAL TRAINING

NUTRITION COACHING

BOXING & KICKBOXING

VIRTUAL COACHING

VISIT

712 Carbon Street Unit D,
Billings, MT 59102

(406) 690-5681

knockoutlifestylemt@gmail.com

OPEN DAILY 4 AM - 10 PM
24/7 ACCESS FOR CARD MEMBERS

GET DIRECTIONS

MEMBER APP - IOS

MEMBER APP - ANDROID





MERCH TABLE / STRAIGHT FROM THE GYM

THE KNOCKOUT STORE

Memberships, passes, training packs, and gear — straight from the gym. Looking for a side-by-side comparison first? See [pricing](#).

STORE CATEGORIES

ALL ITEMS

STORE CATEGORIES

ALL ITEMS

MEMBERSHIP OPTIONS

PERSONAL TRAINING

CLASS PASSES

ONLINE VIDEOS

MERCHANDISE

EVENTS

BOOT CAMPS

UNASSIGNED

STORE CATEGORIES

ALL ITEMS

MEMBERSHIP OPTIONS

PERSONAL TRAINING

CLASS PASSES

ONLINE VIDEOS

MERCHANDISE

EVENTS

BOOT CAMPS

UNASSIGNED

STORE CATEGORIES

ALL ITEMS

MEMBERSHIP OPTIONS

PERSONAL TRAINING

CLASS PASSES

ONLINE VIDEOS

MERCHANDISE

EVENTS

BOOT CAMPS

UNASSIGNED

STORE CATEGORIES

ALL ITEMS

MEMBERSHIP OPTIONS

PERSONAL TRAINING

CLASS PASSES

ONLINE VIDEOS

MERCHANDISE

EVENTS

BOOT CAMPS

UNASSIGNED

STORE CATEGORIES

ALL ITEMS

MEMBERSHIP OPTIONS

PERSONAL TRAINING

CLASS PASSES

ONLINE VIDEOS

MERCHANDISE

EVENTS

BOOT CAMPS

UNASSIGNED

STORE CATEGORIES

ALL ITEMS

MEMBERSHIP OPTIONS

PERSONAL TRAINING

CLASS PASSES

ONLINE VIDEOS

MERCHANDISE

EVENTS

BOOT CAMPS

UNASSIGNED

SHOPPING AT: KNOCKOUT LIFESTYLE

CART

SEARCH BY ITEM NAME

PHASE 1 WORKOUT VIDEOS

\$25.00

ADD TO CART

LMNT 30 PACK NON MEMBERS

\$45.00

ADD TO CART

K.O.N.G. BOOK

\$27.00

ADD TO CART

LMNT STAY SALTY CANS

\$3.50

ADD TO CART

LMNT VARIETY 8 PACK (8 DIFFERENT FLAVORS)

\$15.00

ADD TO CART

FROG FUEL

\$3.50

ADD TO CART

SHOPPING AT: KNOCKOUT LIFESTYLE

CART

SEARCH BY ITEM NAME

ADD TO CART

ADD TO CART

ADD TO CART

WELLNESS AND FITNESS TRACKER

\$15.00

ADD TO CART

POCKET FITNESS TRACKER

\$7.00

ADD TO CART

BOOMERS BOOTCAMP

\$99.00 / 4 WEEK(S)

ADD TO CART

4 WEEK KNOCKOUT TRANSFORMATION

UNLIMITED

\$199.00 / 4 WEEK(S)

ADD TO CART

BACK TO SCHOOL BACK TO FITNESS 6 WEEK CHALLENGE

UNLIMITED

\$500.00 / 6 WEEK(S)

ADD TO CART

PIF VIP 12 MONTH COMMITMENT

UNLIMITED

\$1200.00 / 12 MONTH(S)

ADD TO CART

SHOPPING AT: KNOCKOUT LIFESTYLE

CART

FREE FITNESS CONSULTATION

1 SESSION

Free

ADD TO CART

VIP MEMBERSHIP + 24 HR ACCESS CARD FOR \$49 ONE TIME FEE

\$208.00

ADD TO CART

VIP 12 MONTH COMMITMENT

UNLIMITED

\$129.00 / MONTH

ADD TO CART

3M PIF VIP GYM MEMBERSHIP

UNLIMITED

\$499.00 / 3 MONTH(S)

ADD TO CART

6 WEEK TRANSFORMATION CHALLENGE

UNLIMITED

\$85.00 / WEEK

ADD TO CART

6 WEEK CHALLENGE PAID IN FULL

UNLIMITED

\$500.00 / 6 WEEK(S)

ADD TO CART

SEARCH BY ITEM NAME

UNLIMITED

\$79.00 / 4 WEEK(S)

ADD TO CART

\$57.00

ADD TO CART

MENTORING (1:1 COACHING 3X...)

\$750.00 / 4 WEEK(S)

ADD TO CART

SEMI-PRIVATE TRAINING (3X A WEEK WITH YOUR DEDICATED COACH)

\$500.00 / 4 WEEK(S)

ADD TO CART

KNOWKOUT LIFESTYLE HEALTHY HABITS AND NUTRITION TRANSFORMATION PACKAGE

\$299.00 / 4 WEEK(S)

ADD TO CART

DROP IN SPECIAL \$20. PERSONAL TRAINING PLUS A FITNESS CONSULTATION

6 SESSIONS

\$20.00

ADD TO CART

30-40MIN POWER BLAST PERSONAL TRAINING W/ SHANE

60-MINUTE PERSONAL TRAINING

5 PACK

SHOPPING AT: KNOCKOUT LIFESTYLE

CART

SEARCH BY ITEM NAME

INTRODUCTORY PERSONAL TRAINING - SINGLE SESSION

1 SESSION

\$30.00

ADD TO CART

STUDENT PERSONAL TRAINING 3X A WEEK

\$300.00 / 4 WEEK(S)

ADD TO CART

INTRODUCTORY CLASS PASS 3 FOR \$33.

3 SESSIONS

\$33.00

ADD TO CART

CLASS PASS

1 SESSION

\$20.00

ADD TO CART

10 PACK

10 SESSIONS

\$180.00

ADD TO CART

5 CLASS PASS

5 SESSIONS

\$100.00

ADD TO CART

20 CLASS PASS

20 SESSIONS

\$350.00

ADD TO CART

4-WEEK BEGINNER PLP DB AND BANDS

\$20.00

ADD TO CART

ONLINE WORKOUT VIDEO MEMBERSHIP

\$25.00

ADD TO CART

INBODY SCAN

\$20.00

ADD TO CART

KOA 8 WEEK TEAM MEMBER CHALLENGE STARTING MAY 1ST.

\$2000.00

ADD TO CART

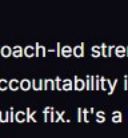
01 / CORNERMAN'S ADVICE

NOT SURE WHAT FITS?

Call or text Corey — he'll tell you straight, even if the answer is "start with the free week."

CONTACT US

SEND A MESSAGE



Coach-led strength, nutrition, and accountability in Billings, Montana. It's not a quick fix. It's a lifestyle.



EXPLORE

GROUP CLASSES

SCHEDULE

PRICING

EVENTS & CAMPS

STORE

RESULTS

REVIEWS

SPONSORS

PROGRAMS

6-WEEK CHALLENGE

PERSONAL TRAINING

NUTRITION COACHING

BOXING & KICKBOXING

VIRTUAL COACHING

VISIT

712 Carbon Street Unit D, Billings, MT 59102

(406) 698-5681

knockoutlifestylemt@gmail.com

OPEN DAILY 4 AM - 10 PM
24/7 ACCESS FOR CARD MEMBERS

GET DIRECTIONS ↗

MEMBER APP - IOS

MEMBER APP - ANDROID