

Where Bloomington Builds Strength for Life.

Personal training in Bloomington Indiana for busy adults who want to stay strong, active, and independent for years to come.

[Book My First Move Session](#)

Check out our Member Stories



★★★★★

This place is great! Matt and his whole team are super knowledgeable and encouraging. I don't feel like I'm getting my butt kicked too bad during the workout, but always feel it the next day! It's a perfect balance of the benefits of one-on-one personal training with the affordability of small group training. Can't speak highly enough of them!

Jordan Davis

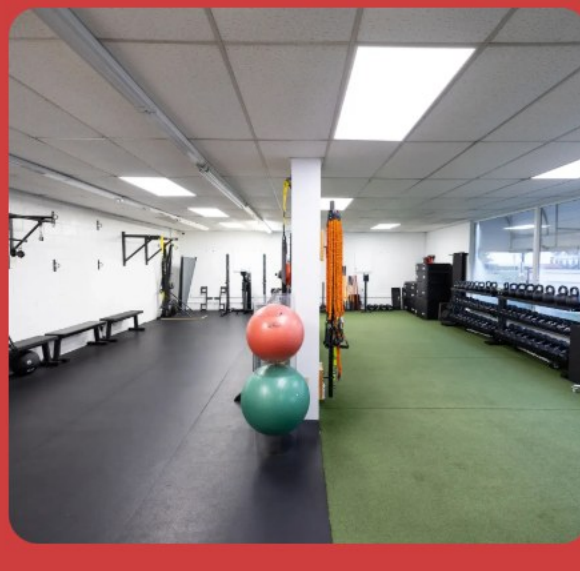
★★★★★

I am a 68 year old female who has worked at a very sedentary job for decades. Knowing I wanted to make a positive change in my physical and mental health, I decided to try MOVE. Although I was initially apprehensive about putting myself out there, I was pleasantly surprised how welcoming Matt and his gym and the members make me feel. It is just very low key, simple movements, but make no mistake, Matt pays attention to EVERYTHING! 😊

Kathleen Hirons

[See More Member Stories](#)

Training That Meets You Where You Are.



Fitness should make your life better—not more complicated. That's why we focus on expert coaching, individualized programming, and a supportive semi-private environment where your training is built around your goals, your movement, and your life. We help you build strength, move better, and stay consistent over time.

Expert Coaching. Personalized For You.

We believe great coaching starts with understanding the person in front of us. That's why every workout is tailored to your goals and abilities, giving you the support, accountability, and direction needed to make steady progress.

[Get Started](#)


Fitness Designed for Real Life.

[Book My First Move Session](#)


Personal attention in small groups



Inclusive, non-judgmental environment



Functional training for daily life and hobbies



Flexible memberships and pricing



Real supportive community

Getting Started is Simple.

[Book Your Free Consultation](#)

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STEP 1

Book Your Free Consultation

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STEP 2

Meet Your Coach & Build Your Plan

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STEP 3

Train with Confidence & Make Progress

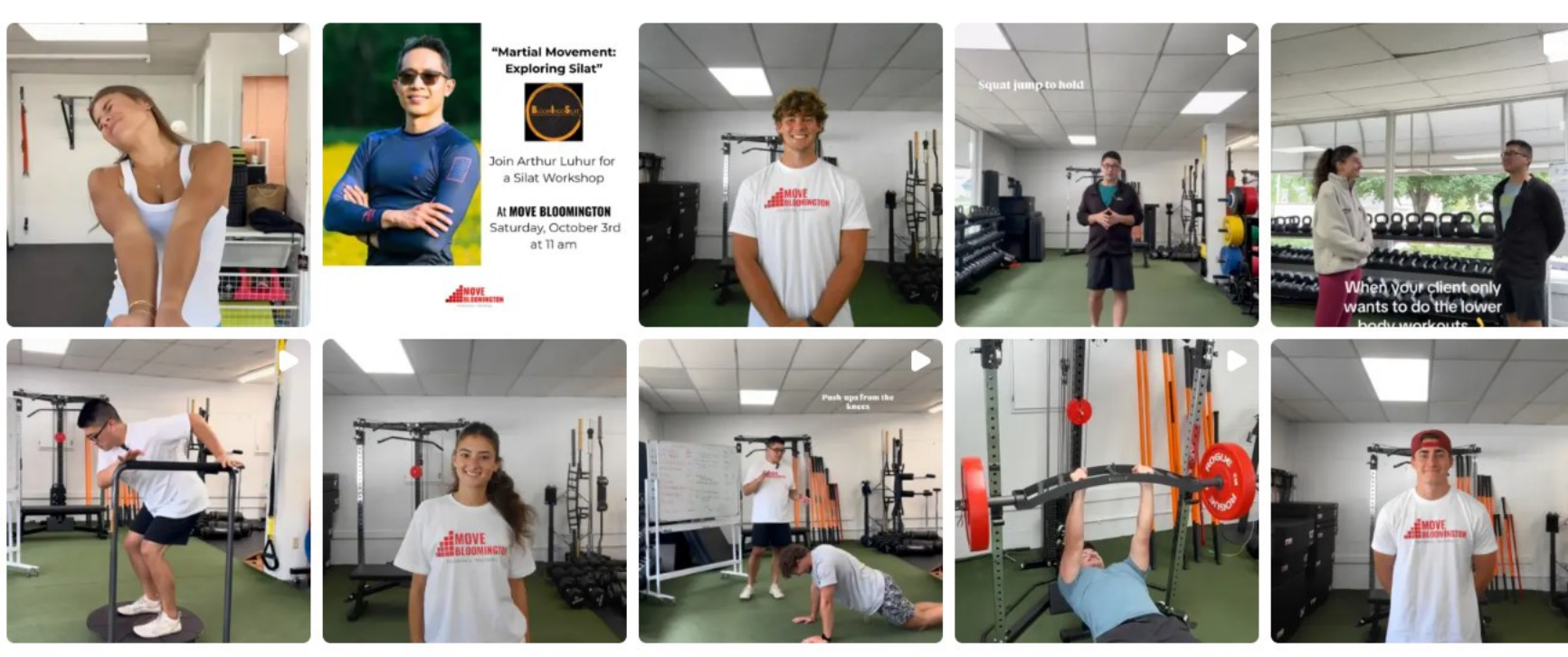
Our Frequently Asked Questions

[Get Started](#)

Do I need to be fit to start?

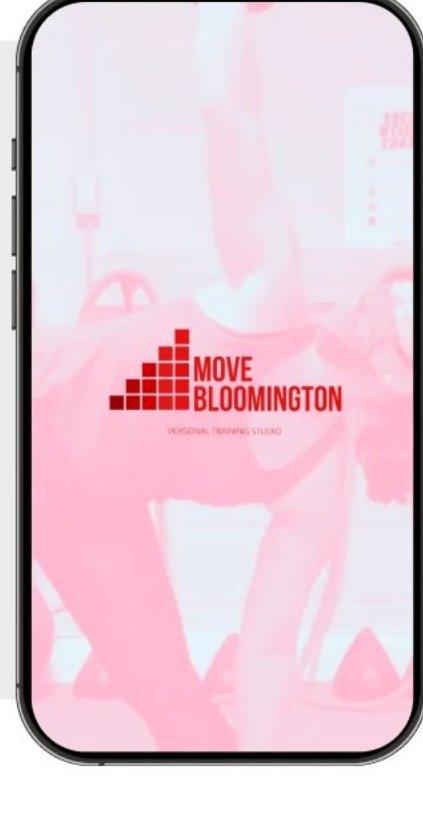
Not at all. Most members start with different fitness backgrounds and experience levels. We meet you where you are and help you progress at your own pace.

Check Our Instagram

[@ Follow Us On Instagram](#)


Training Made Easier

Our app helps you schedule sessions, manage your membership, and stay on top of your training—so you can focus on staying strong, active, and capable.



Ready to Get Started?

Book your free consultation today and learn how personalized coaching can help you stay strong, active, and confident.

[Book My First Move Session](#)
[Get Started](#)

Helping Bloomington Move Better, Feel Better, and Stay Active for Life

Through expert coaching, individualized programming, and a supportive small-group training environment.

[Book My First Move Session](#)

Fitness Should Improve Your Life—Not Take It Over



We believe fitness should improve your life—not take it over. That's why every program at Move Bloomington is built around how your body moves, performs, and feels in everyday life. Through expert coaching and individualized attention in a small-group setting, we focus on building strength, confidence, and long-term consistency—so you can train in a way that actually supports your life outside the gym.

Our Story: The Beginning of Move Bloomington

Move Bloomington was founded by Matt Boyer with a simple goal: deliver high-quality coaching that helps people move better, get stronger, and stay consistent for the long term. What began as a one-on-one training studio has evolved into a small group personal training model built around individualized attention in a small-group setting. Today, every session is designed to combine expert coaching, smart programming, and real progress you can feel.

[Get Started](#)


Meet Our Coaches

[Book My First Move Session](#)


Matt Boyer

MS, NASM CPT, LMT

Owner & NASM Master Trainer

Matt is a fitness professional and IU graduate residing in Bloomington, IN. He works for Indiana University as Adjunct Faculty, is the owner of and a personal trainer with Move Bloomington, and formerly worked for the National Academy of Sports Medicine as a Master Instructor.

Favorite Ice Cream: Cookies & Cream

Education:

- M.S. Exercise Science & Health Promotion
- B.S. Exercise Science
- Licensed Massage Therapist (#MT22207711)

Certifications / Specializations

- Fascia Stretch Therapist Level 1
- NASM Certified Personal Trainer (#1241283784)
- NASM Corrective Exercise Specialist
- NASM Performance Enhancement Specialist
- NASM Golf Fitness Specialist
- NASM Master Trainer
- Function First Pain-Free Movement Specialist

Morgan Kaminsky

Morgan is a personal trainer at Indiana University studying Exercise Science. Originally from Los Angeles, CA, Morgan wants to become a Physical Therapist after school. She is apart of the InMotion Dance Company at IU, loves to travel, and go to the beach.

Favorite Ice Cream: Half Baked (Ben & Jerry's)

Education

B.S. Exercise Science (In Progress)

Certifications / Specializations

NASM Certified Personal Trainer (#1251653056)

Erich Retz

Erich is a personal trainer originally from Sheridan, IN. He is studying Exercise Science and wants to become a chiropractor after his studies. You can find him working out, playing golf, skiing in the winter, and being active!

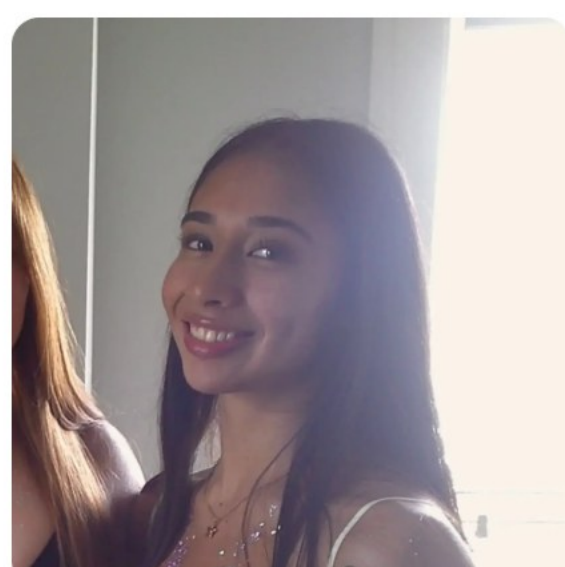
Favorite Ice Cream: Oreo with Caramel Dressing

Education

B.S. Exercise Science (In Progress)

Certifications / Specializations

NASM Certified Personal Trainer (In Progress)



Ellie Wiltz

Ellie's Bio & Photo Coming Soon

Education

B.S. Exercise Science (In Progress)

Carter Klein

Carter's Bio and Photo Coming Soon

Education

B.S. Exercise Science (In Progress)

Certifications / Specializations

NASM Certified Personal Trainer (In Progress)

Sami Konczal

Sami is a student at IU studying exercise science. Her goal is physical therapy and she is originally from Chicago, Illinois. She loves to run, lift, and paint!

Favorite ice cream: Raspberry Lemonade

Education

B.S. Exercise Science (In Progress)

Certifications / Specializations

NASM Certified Personal Trainer (#1251654710)

What We Believe



Personalized Attention



Community over competition



Sustainable, functional results



Education-driven coaching



Respect for all abilities

Be Part of Our Community

Whether you're starting your fitness journey or looking for a new approach, you'll feel at home here at Move Bloomington.

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Move Bloomington Blog

Fuel your fitness journey with expert tips, training insights, and real stories from the Move Bloomington community. Stay inspired, stay moving.



Matt Boyer April 3, 2026

Train Smarter, Move Better: The Foundation of Long-Term Fitness Success

[Read More ↗](#)



Matt Boyer April 3, 2026

Why Consistency Beats Intensity in Your Fitness Journey

[Read More ↗](#)

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Real Stories From Real People

At Move Bloomington, progress looks different for everyone. For some, it's moving without pain. For others, it's building consistency for the first time in years. For most, it's simply feeling stronger, more capable, and more confident in everyday life.

Hear from our members about their experiences in our semi-private training environment, where expert coaching and small group support help people build strength, improve mobility, and stay consistent.

Book My First Move Session

Get Started

Hear from our members about their experiences at Move Bloomington. From building strength and improving mobility to feeling more confident and consistent, these stories reflect what happens when coaching meets accountability in a supportive environment.

★★★★★ 9 Reviews

Most recent

Write A Review



Heather S.

★★★★★ Jul 14, 2026

I can't say enough good things about MOVE Bloomington! Matt, the proprietor, is a great combination of highly professional and welcoming. He works diligently to understand each individual's fitness history, goals, challenges, and preferences. He trains his staff to demonstrate excellent form, be observant, and suggest modifications to suit individual needs, all while offering encouragement and cultivating a great community atmosphere. Warm-ups and workout routines change at a good frequency, so things stay fresh and interesting. All this results in workouts that are safe, challenging, effective, and fun! Also, the app and website are well-designed, useful resources. Payment and scheduling are super easy, scheduling is flexible, and the "My Schedule" feature of the app means your future workouts are always at your fingertips: great for people tucking a workout into a busy day. MOVE is a cut above and a special place!

Move Bloomington response

Thank you for your amazing review, Heather! You've done amazing in sessions and we appreciate you noticing all the hard work we put in to make sure every person has a great experience. Your positive energy and work ethic have been a great addition and we love that you are enjoying it. Thank you, again! :)



Stephanie O.

★★★★★ Apr 23, 2026

Matt and the staff are so kind, friendly, encouraging, and knowledgeable. They get to know not just you as a person, but what your body is able to do and not do. Always ready to suggest a modification if needed. I feel comfortable at Move...and definitely more confident as my balance and strength has improved significantly.

Move Bloomington response

Thank you for your kind review, Stephanie! We love having you and are so glad you are seeing positive results and enjoy coming. You work so hard during sessions and we love how much you love workout 1s! The slow tempos are tough, but you always do an amazing job. Thanks, again, for your review! :)



Donna S.

★★★★★ Apr 22, 2026

One of the best decisions I've made in a LONG time was joining MOVE Bloomington. I hadn't been exercising regularly for a while, and since I'm in my 60's, I was out of shape and incredibly daunted by the idea of weight training. Little did I know what a wonderful community that Matt and the team have created. The atmosphere is friendly, encouraging and they were able to quickly adapt exercises early on to address my needs. Each week, I am challenged, invigorated and enjoying each of the workouts. I can feel my vigor and my strength improving after each workout. MOVE Bloomington has completely transformed my health and my life, and I could not be more thankful. This is more than a gym....it's a place to help you meet your goals and develop the strength to live your best life, supported by a community that truly cares.

Move Bloomington response

Thank you so much for your kind review, Donna! We love that you enjoy the community, workouts, staff, etc.! We know that we have enjoyed having you and your positive and encouraging energy with us. We love your dance background because your energy (and amazing dance moves :)) definitely show during the workouts. Thanks, again, for your kind words and we look forward to seeing you at your next workout! :)



Beth T.

★★★★★ Feb 13, 2026

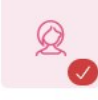
MOVE Bloomington has been such a great place to work out. The atmosphere is personable and inviting, and the small group setting makes workouts feel supportive rather than overwhelming. I really appreciate that the workouts change every week and can be adjusted to fit different skill levels, so everyone feels successful and challenged at the same time.

The staff is always friendly, energetic, and encouraging, which makes it easier to show up and stay motivated. And Matt is truly everything you could hope for in a coach — friendly, accommodating, encouraging, and genuinely fun to work with.

If you're looking for a welcoming community and workouts that keep you engaged and improving, this is the place to be!

Move Bloomington response

Thank you for your kind review, Beth! We're so happy that you have enjoyed your time here and continue to do so. You work so hard and it's always fun to watch the fun you and Regan have in here together. Thank you for the kind words about the atmosphere, community, and staff, as well! We are so glad you are a part of MOVE. Thank you, again!



Regan T.

★★★★★ Feb 13, 2026

Move Bloomington has been such an incredible place to be a part of. Every single week feels fresh and exciting with the variety of workouts we get to experience. The programming is thoughtful and challenging in the best way — pushing us to grow while still being accessible to all levels.

The entire staff is truly wonderful and genuinely cares about both our physical and mental well-being. You can feel the encouragement and positivity the moment you walk through the door. There's a real sense of community here that makes showing up easy, even on the hard days.

Matt does an amazing job creating a space that is welcoming, motivating, supportive, and hardworking. He fosters an environment where everyone feels seen and valued. He's also incredibly accommodating with schedules and always willing to adjust if something comes up on our end, which speaks volumes about how much he cares about his members.

If you're looking for a gym that challenges you, supports you, and makes you feel like you belong, Move Bloomington is it. I'm so grateful to be part of this community!

Move Bloomington response

Thank you for your kind review, Regan! We're so glad your mom brought you in to get started with us! It always looks like you two have such a great time together and help push one another. You do so well! As well, thanks for the kind words about the staff and environment. It means a lot to us and we're so glad you are a part of this community. Thank you, again!



Alexander R.

★★★★★ Jan 25, 2026

Highly recommend! A great place to exercise. Approachable for all and well structured to support you in your goals.

Move Bloomington response

Alex, Thank you so much for your kind review! We love having you in the facility multiple times per week and it's always a great time! And you work so hard each and every session. Thank you, again, for your kind review!



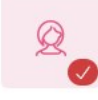
Anne P.

★★★★★ Dec 10, 2021

Matt is a lovely person, patient, encouraging and kind. He also knows what he's doing. I get a good workout that doesn't leave me in pain. In the few months I've worked with Matt I've gotten stronger and my balance is better. I would recommend him to anyone who wants to improve their health but hates a competitive gym atmosphere.

Move Bloomington response

Anne, Thank you so much for your review and kind words! It means so much and we are glad to see and hear the progress you continue to make with balance, strength, and other movement aspects and that you enjoy coming to your sessions. We truly enjoy having you in the studio each and every time. - Matt



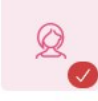
LeAnne K.

★★★★★ Jan 15, 2021

Wow. I can only imagine what this personal training experience is going to mean to me. I'm super excited and I've only had my initial appointment with Matt. I truly believe this is going to be life changing for me. I have always wanted to have a personal trainer but always felt like "I could do this on my own". Well.....fast forward to today, I realized that I cannot do this on my own. What I learned from Matt today in our initial meeting, gives me hope for a better future. I realized there is no better investment, than a serious investment in ME. If you are anything like me, you spend money on everything but your health and wellness. I decided today, to put myself first, and invest in me. I am newly retired and want to have many years to do what I have always wanted to do in my retirement. And just what is that? Anything I want to. The only problem with that, I am not physically able to do some of the things on my bucket list. My health is beginning to hinder my options. Well today is the first day of the rest of my life. With the assistance of Matt, and Move Bloomington, I am going to get my life back, one day at a time, one session at a time. After meeting Matt today, I know he is the trainer that will be patient enough to help me achieve my goals. Thanks Matt for giving me this opportunity. I promise to do my part and know you will do yours. If you are on the fence of whether to work with Move Bloomington, just take a leap of faith. I did and I know I will not regret this decision.

Move Bloomington response

LeAnne, Thank you for your kind words and we are so excited for you! It truly is an investment in yourself and one we know you will be very happy with!



Brooke F.

★★★★★ Sep 1, 2020

Move Bloomington genuinely cares about their clients and listens to their movement needs, wants, and goals. Shifting to a work from home setting has not been kind to my body, but Move Bloomington has worked with me to assess my areas of weakness and to put together a plan to get me back to feeling and moving my best. They have a wide range of equipment in their facility which means no two workouts are ever the same. They are also taking all necessary cleaning precautions to ensure a safe environment for each of their clients during this pandemic. If you want trainers who truly care about helping you move and feel your best, and not just about a number on the scale, I highly recommend you reach out to Move Bloomington! Your body will thank you for it!

Move Bloomington response

Brooke, thank you for your kind words and continued support. We appreciate you and your trust in us to help you move and feel your best. - Matt

Come Experience It Yourself.

Progress looks different for everyone. What stays consistent here is expert coaching, accountability, and a supportive environment that helps you keep showing up.

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New Here? Welcome In.

Start with a free consultation and discover how small group personal training can help you build strength, move better, and feel more confident—with expert coaching every step of the way.

[Book My First Move Session](#)
[Get Started](#)

A Simple Onboarding That Puts You At Ease

Your journey begins with a relaxed, one-on-one consultation. We'll learn about your goals, training history, and any challenges you've faced in the past. We may also use our Kinotek movement assessment technology to gain objective insights into how you move, helping us create a more personalized roadmap for your training journey.

If you decide to get started, you'll train in a semi-private setting with individualized programming and expert coaching. Session sizes are intentionally kept small, allowing our coaches to provide personalized guidance, exercise modifications, and accountability as you build strength, move better, and feel your best.

[Book My First Move Session](#)


What to Expect When You Get Started

Before You Arrive

Wear comfortable clothes and athletic shoes, and bring a water bottle if you'd like. There's no workout required on your first visit—just come ready to have a conversation about your goals.

During Your Consultation

Meet with a coach, discuss your goals and training history, review movement patterns, and ask any questions you may have. We may also use our Kinotek movement assessment technology to help us better understand how you move and identify opportunities for improvement.

Your First Training Session

Train alongside others in a supportive small group setting while following a program tailored to your needs. Your coach will provide guidance, form feedback, and exercise modifications to help you move confidently and safely.

After Your First Week

You'll have a better understanding of your program, greater confidence in your movements, and a clear path forward. Most importantly, you'll know exactly what to expect each time you walk through the door.

[Book My First Move Session](#)

What Makes Move Bloomington Different

[Book My First Move Session](#)


Personalized Coaching Every Session



Training Designed for Real Life



Flexible Scheduling That Fits Your Life



A Community That Knows Your Name

First Timer FAQs

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Do I need to be fit to start?

No. We build from where you are today, with options for every movement, perfect for those exploring **fitness for beginners**.

What Our Members Say...



★★★★★

This place is great! Matt and his whole team are super knowledgeable and encouraging. I don't feel like I'm getting my butt kicked too bad during the work out, but always feel it the next day! It's a perfect balance of the benefits of one-on-one personal training with the affordability of small group training. Can't speak highly enough of them!



Jordan Davis

★★★★★

I am a 68 year old female who has worked at a very sedentary job for decades. Knowing I wanted to make a positive change in my physical and mental health, I decided to try MOVE. Although I was initially apprehensive about putting myself out there, I was pleasantly surprised how welcoming Matt and his gym and the members make me feel. It is just very low key, simple movements, but make no mistake, Matt pays attention to EVERYTHING! 😊



Kathleen Hirons

[See More Member Stories](#)

Ready to See if We're the Right Fit?

Book a free consultation and meet with a coach. We'll learn about your goals, answer your questions, and help you decide whether training program is the right next step.

No pressure. No hard sell. Just a conversation.

[Book My First Move Session](#)
[Get Started](#)



Small Group Personal Training Memberships That Fit Your Goals

Get the personal attention of one-on-one training with the energy and support of a small group. Choose the membership option that best fits your goals and schedule.

[Book My First Move Session](#)

We keep it simple. Choose the plan that works for your schedule and goals and enjoy full access to our welcoming training environment.

Featured Memberships

Choose the Membership That's Right for You

2x/Week Small Group Personal Training

Starting at

\$259 /month

(8 sessions per 1 month).

Best For:

- General fitness
- Strength
- Staying active

Options are for initial 3 or 12 months. Agreement turns month-to-month after initial term.

[Book My First Move Session](#)

3x/Week Small Group Personal Training

Starting at

\$359 /month

(12 sessions per 1 month)

Best For:

- Faster progress
- Greater accountability
- Building strength and consistency

Options are for initial 3 or 12 months. Agreement turns month-to-month after initial term.

[Book My First Move Session](#)

Why Choose Our Memberships

[Get Started](#)

Programs for all fitness levels

Flexible scheduling with flexible fitness memberships

Unused sessions roll over while your membership remains active

Expert coaching in every session

FAQs About Move Bloomington

[Contact Us](#)

Do you offer a once-per-week membership?

Yes. While many members choose to train two or three times per week, we know goals, schedules, and budgets can vary. We offer a once-per-week membership, and during your free consultation, we'll recommend the training frequency that best supports your goals and fits your lifestyle.

Ready to Get Started?

Let's talk about your goals and see if we're a good fit.

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One-on-One Personal Training in Bloomington

For clients who prefer private coaching, have specific needs, or want a more individualized starting point.

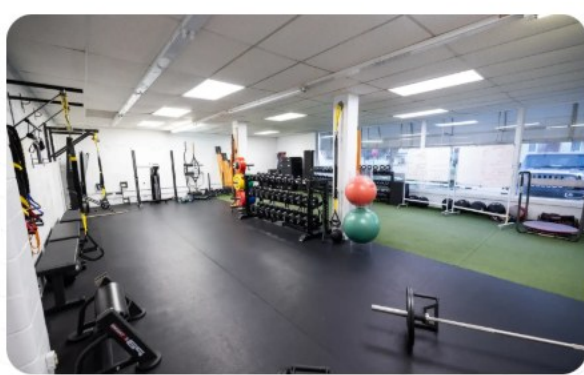
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*Currently Waitlisted – Take a Free Consultation or explore [Small Group Personal Training](#)

1-on-1 training is currently waitlisted. Take a Free Consultation for more inquiries. You can also explore our Small Group Personal Training.

[Explore Small Group Personal Training](#)

Personal Training in Bloomington, IN Built Around You



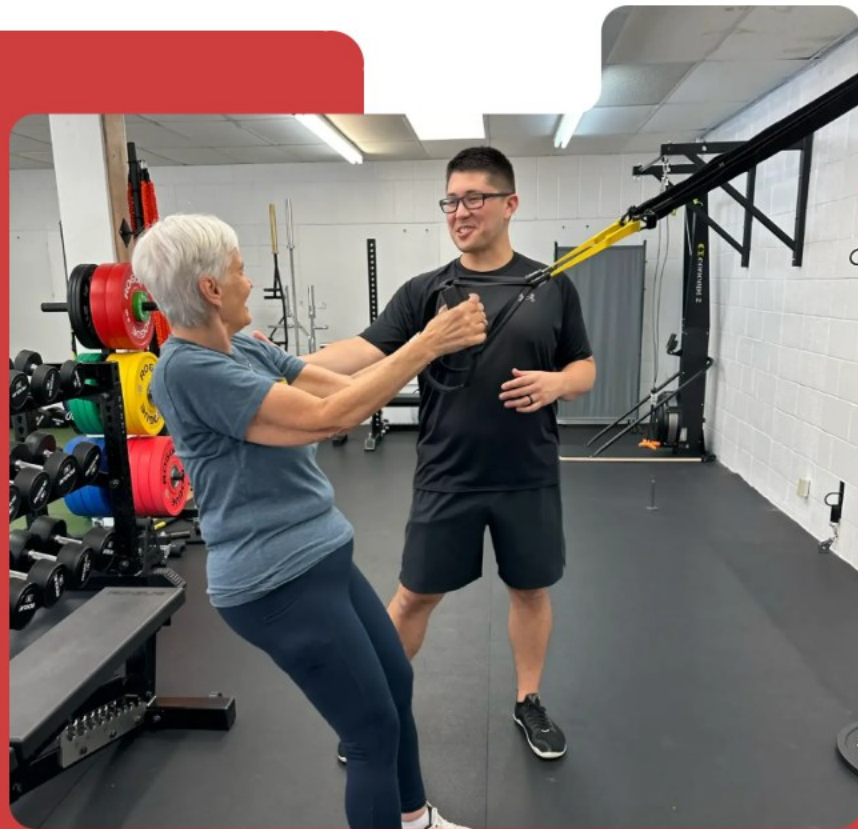
While most members thrive in our semi-private training program, some situations call for a more individualized approach. Our one-on-one personal training offers dedicated coaching, flexible scheduling, and programs tailored entirely to your goals and needs.

Who It's Best For:

- You're recovering from an injury or surgery
- You have significant movement limitations
- You feel more comfortable training privately
- You have highly specific performance goals
- You want additional accountability and individualized attention

[Book My First Move Session](#)

*Currently Waitlisted – Take a Free Consultation or explore [Small Group Personal Training](#)



Not sure if 1-on-1 is right for you? Start here:

[Book My First Move Session](#)
[Small Group Personal Training](#)

Pricing

Starting at \$349/month

Options for 4, 8, or 12 sessions per month

3 or 12 Month Initial Agreements

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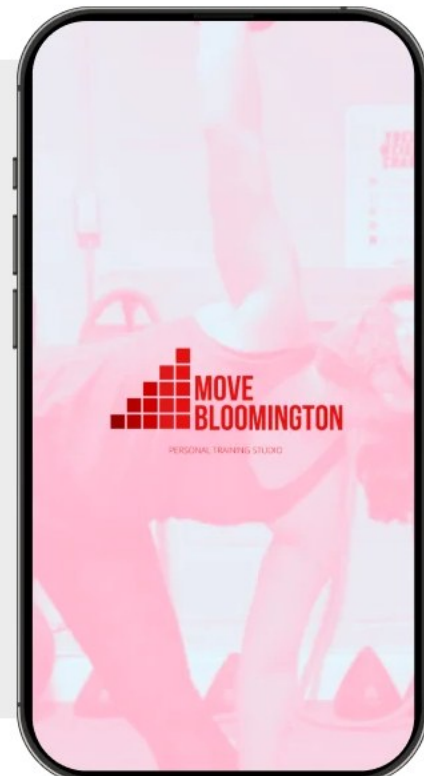
Need to Know: FAQs

How long are sessions?

Approximately 50-60 minutes.

Training Made Easier

Our app helps you schedule sessions, manage your membership, and stay on top of your training—so you can focus on staying strong, active, and capable.



Ready to Get Started?

We'll learn about your goals and help determine whether semi-private or one-on-one coaching is the best fit for you and your goals.

[Book My First Move Session](#)
[Get Started](#)

*Currently Waitlisted – Take a Free Consultation or explore [Small Group Personal Training](#)

Small Group Training Built Around You

Personalized coaching, structured workouts, and a supportive community to help you move better, feel stronger, and stay active for life.

[Book My First Move Session](#)

Personalized Workouts, Supportive Environment



Our small group personal training Bloomington program blends the best of both worlds, individualized coaching in a motivating, social setting. Sessions are kept small, so you get real guidance without feeling lost in the crowd.

How Small Group Personal Training Works

[Book My First Move Session](#)

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STEP 1

Start With a Conversation

We Learn About Your Goals, Your Movement, And What You Want Fitness To Look Like In Your Life.

2

STEP 2

Build Your Training Plan

Your Coach Personalizes Workouts Based On Your Current Ability And Goals.

3

STEP 3

Train With Confidence

Build Strength, Improve Movement, And Make Progress At A Pace That Works For You.

What Makes Move Different

- Personalized coaching in every session
- Exercises adjusted to your needs, goals, and experience level
- Build strength and confidence for everyday life
- Encouraging community and expert guidance
- Flexible scheduling that fits your lifestyle

[Book My First Move Session](#)


Ready To Get Started?

[Book My First Move Session](#)

Who Move Is For:

- Adults looking for expert guidance in a welcoming environment
- People who want personalized coaching without one-on-one pricing
- Active adults wanting to build strength, mobility, and confidence
- Anyone looking for a supportive community and lasting habits

Real Stories From Move Members

See how personalized coaching and a supportive community have helped our members build strength, confidence, and healthier habits.

[Read Member Stories](#)

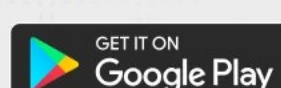
FAQs

How long are sessions?

50–60 minutes.

Training Made Easier

Our app helps you schedule sessions, manage your membership, and stay on top of your training—so you can focus on staying strong, active, and capable.



Ready to Experience Personal Training—Without Going It Alone?

Whether you're new to exercise or looking for a better training experience, we're here to help. Start with a First Move Strategy Session and experience coaching at Move.

[Book My First Move Session](#)



Let's Start the Conversation

Whether you're ready to get started or simply have a few questions, we're here to help. Reach out to our coaching team and we'll help you determine the best next step for your goals.

[Book My First Move Session](#)

Contact Information

Address

729 S Walnut St, Bloomington, IN 47401

Phone

(812) 369-4328

Email

hi@movebloomington.com

Business Hours

By Appointment Only

Social & Community

Follow daily updates



Quick Contact Form

Have a question? Send us a message and we'll get back to you within one business day.

Name

Email

Phone (optional)

Preferred contact method

Message

[Send Message](#)

Visit Us

Our downtown Bloomington studio offers convenient parking and easy access, making it simple to fit training into your day.

Ready to Get Started?

Whether you're ready to schedule your free consultation or simply have a few questions, we'd love to hear from you. Reach out today and we'll help you find the best path forward based on your goals, experience, and schedule.

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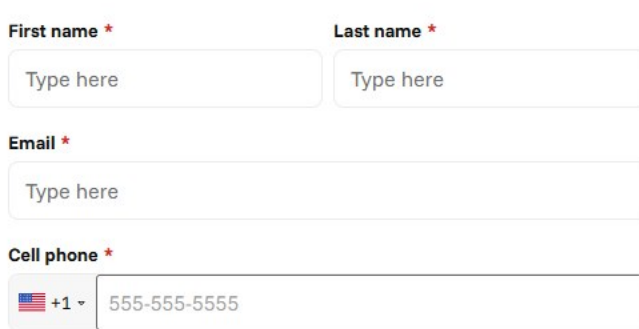
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-  729 S Walnut St, Bloomington, Indiana 47401
-  (812) 369-4328
-  

Get Started

Expert Coaching • Supportive Community • Personalized Attention

Tell us a little about yourself and we'll help you take the next step:



Submit

By providing my phone number, I agree to receive messages from Move Bloomington Personal Training. These messages may include, but are not limited to, appointment reminders, order confirmations, and account notifications. Message frequency may vary. Message & Data rates may apply. Reply STOP to opt-out. I agree to terms & conditions provided by Move Bloomington Personal Training and have read the [Privacy Policy](#).

- ✓ Discuss your goals and fitness history
- ✓ Complete a Kinotek movement assessment
- ✓ Learn about our coaching approach
- ✓ Explore the best path forward for your goals

 729 S. Walnut St., Bloomington, IN
(812) 369-4328 • by appointment only

Goal discussion, fitness history review, and review of your current movement strengths and opportunities. Coaches can give you personalized recommendations and help you understand how Move Bloomington can help you move forward.

A coach evaluates your mobility, strength, and any limitations to build your starting plan.

Step into a group at your own pace
with real guidance at every session.

Get Started →

5.0 Across 30+ Google Reviews

[Read All Reviews →](#)

The questions everyone asks before their first session.

Do I need to be fit to start?

Not at all. Most members start with different fitness backgrounds and experience levels. We meet you where you are and help you progress at your own pace.

Will I get the same trainer every session?

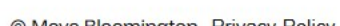
How much does small group personal training cost?

How are your speeches trained?

What if I have an existing injury or limitation?

Where are you located, and is parking available?

Handbook of the History of the United States



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Ready to take the next step in your fitness journey? Book your training session with Move Bloomington and stay committed to your goals. Whether you're building strength, improving mobility, or kicking off a new routine, scheduling your next workout has never been easier. We're here to keep you motivated, supported, and moving toward your best self.

Explore services below

^

FREE >

^

➤

FREE >

➤

^

🕒 50min >

🕒 1h 20min >



Shop

“Ready to elevate your fitness journey? Explore the Move Bloomington Shop for premium gear, apparel, and essentials designed to support every step of your training.”

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1 Session
Free

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