

Fitness Xtreme

with Tom Krausz

starts every
month

an intermediate-advanced level fitness program

Mon - Weds - Fri @ 6am

About program

Fitness Xtreme is a new program, headed by Tom Krausz, that will take your fitness to the next level. It's not a Boot Camp, it's not just any group fitness class. Fitness Xtreme is about building a consistent, reliable workout routine that always takes it to the red-line.

Under Tom's guidance and with the use of Kettlebells, medicine balls, resistance bands, free weights, plyometrics, powerbars, sprints, and military calisthenics, you will increase cardio-vascular fitness, muscular strength and agility...all before 8am! This program is intense, and therefore come with NO injuries and a base level of fitness should be present before you start the program.

questions? email tom@castlehillfitness.com

Costs

individuals

members : \$200/mo
non-members : \$220/mo
prepaid year : \$1500

couples

members : \$300/mo
non-members : \$320/mo

1st timers receive
FREE exercise mat

about Tom

After joining the US NAVY in 1995, Thomas Krausz embarked upon a career in fitness. He became certified by the Cooper Clinic and used his knowledge to help service members pass their physical readiness tests. Upon getting out of the military Tom settled down in Austin where he has made his home for the past 8 years. A father of a 5 year old son, Thomas balances his job as a personal trainer with that of being a single parent. Fitness Xtreme incorporates the basic principles of Tom's personal training style that has helped him be successful in achieving results and gaining life-long commitment from his clientele.