



T&C has always been committed to the overall Health & Wellness of our Members & Athletes. This is especially true during these trying times. The most recent COVID related Executive order has several limitations – one of which limits our ability to conduct group training as we have in the past.

In an effort to comply with this order, while still providing a safe environment for our members & athletes, T&C has created - Personal Fitness Stations (PFS)!

What is a Personal Fitness Station? PFS is a 15'X15' individualized fitness area. This offers each member or athlete 225 square feet of personal space to ENSURE each individual can safely workout while being instructed by one of our professional fitness staff members. PFS's are located on our turf indoor fields. This also provides for maximum space (30' + high ceilings), continuous ventilation and a shock resistant surface.