

Performance Compound: Not Your Typical Gym

World Class Fighting League

The Compound has paved its way as the industry leader in providing holistic programming to all clients dedicated to improving performance. Our performance programs have serviced MLB All-Star's, Gold Glove Winner's, NFL Pro-Bowlers, NHL Conn Smythe award winners, as well as executives, tactical, amateur, collegiate, high school, youth and weekend warriors. We want to challenge your physical & mental preparation as well as how you perceive everyday challenges. We will motivate you, inspire you and deliver results driven training to every program we offer.

PERFORM

Performance is your number one priority. Our innovative programming, services and facilities are vital to achieving all your performance goals. Our multifaceted approach to training will produce results.

EDUCATE

Athletes form successful habits when they understand why they are being asked to perform tasks. We are dedicated to maximizing your potential by providing education models that deliver strategies for success.

INSPIRE

Our desire is to build better athletes for both today and tomorrow. A self-confident athlete expects success, believing in their ability to accomplish anything. Our coaching staff will instill confidence to compete and create positive change in your training.