



FITNESS 01

CP Offers Semi-Private and Group Personal Training with Flexible Schedules. We customize programs to fit your goals & needs!



NUTRITION 02

We deliver Nutrition Programs through cutting edge technology and help you build healthy nutrition habits that last a lifetime!



COACHING 03

In order to have a fit life you need to know what to do outside of the gym. CP will provide you with accountability coaching to set you up for success!



coreprinciples-sc.com

(203) 914-6396

3001 Stamford Square