



Chiropractic And Strength Training



C.A.S.T.

Come in and have a C.A.S.T. trainer set up a custom workout with the new dotFIT system that is designed to take out all of the guesswork



Fitness

The dotFIT Me's Fitness Intelligence Technology can create a fitness program integrated with your nutrition plan that is precisely right for you. It's flexible, convenient and best of all—it works!



Nutrition

Whether you want to lose weight, gain muscle, improve your health or maximize athletic performance, dotFIT has a complete nutrition and fitness program personalized to your preferences.



Equipment

If you're looking for results on your terms, look no further. dotFIT offers the finest quality exercise equipment and body monitoring devices available today.



Supplements

Only dotFIT uses exact science and uncompromising standards to deliver the right nutrients at the right time for maximum benefit to your body.

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C.A.S.T. is located inside Rosemont Health and Fitness
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