

Hypuro Fit Introduces First Authentically Catholic Fitness App Rooted in Theology of the Body

Christ-centered approach behind online personal training company helps Catholics achieve wellness goals

Georgetown, TX, May 27, 2025 – [Hypuro Fit](#), a Catholic fitness and personal training apostolate rooted in Theology of the Body, has launched a new app that helps users integrate wellness goals with their Catholic faith. At a time of year when the “summer beach body” mentality becomes the driving force behind working out, Hypuro Fit encourages Catholics to trade this earthly mindset for the eternal goal of living as a gift for others through self-discipline, self-mastery, and honoring the body God gave them. With its mission of combining technically excellent training with an authentically Catholic approach to fitness, Hypuro Fit offers the faithful a unique way to work out with a deeper purpose.

“Our goal in this life is to imitate Jesus Christ on the Cross and His perfect gift of self to the Father, but we can’t give what we don’t have,” affirmed Hypuro Fit Founder and CEO Chase Crouse. “Hypuro Fit teaches the discipline of self-mastery with the purpose of self-gift, so we can be more and more like Jesus and better live out our individual vocations serving family, friends, the Church, and our communities.”

Crouse began his personal training career in a standard gym but quickly realized that people needed a greater purpose to fuel their workouts. With a bachelor's and master's degree in biblical theology from John Paul the Great University, Crouse is well-versed in the Church’s teachings on the importance of the body and how body-soul integration is necessary for proper spiritual growth. He desired to apply John Paul II’s Theology of the Body to his passion for fitness and nutrition and founded Hypuro Fit in the Spring of 2020 to help others do the same.

Since its founding, Hypuro Fit has grown into a team of ten professionally-certified coaches that has served over a thousand people, nearly a third of which are priests and religious, who receive free memberships to the app. A majority of clients have worked out before but struggled to commit to a program consistently.

“Hypuro Fit offers a wellness home where members have a shared understanding of *why* we should be healthy and physically active,” said Crouse. “This is in stark contrast to the image-oriented fitness programs overwhelming the wellness industry and really resonates with our community.”

Hypuro Fit subscribers can participate in fitness and nutrition challenges, jump in and out of workout programs for all ages and fitness levels (including programs for those in special circumstances such as postpartum moms or recovering addicts), and access an expansive content library offering spiritual formation, recipes, articles, technique tutorials, and more. In addition to the app, Hypuro Fit offers one-on-one nutrition coaching, personal training, and lifestyle coaching designed to help people develop the life skills and healthy habits necessary to successfully fulfill their vocations. The cost to join Hypuro Fit is \$14.99/month (\$9.99/month if paid annually).

For a two-week trial subscription to Hypuro Fit and a complete press kit, visit <https://www.hypurofit.org/press-kit>.

To request an interview with Chase Crouse, contact Carrie Kline at carriek@missionadvancementpartners.com.

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