

What is personal training?

Personal training is when a seasoned athlete, a house wife, a high school student, an executive, or just someone who never worked out before comes into our state of the art personal training studio. The client will then meet with an educated personal trainer for a one on one personal training session and will be guided through a combination of traditional strength training, core, stability and functional training designed specifically to meet their own personal needs, health and fitness goals! Also, during their private one on one session, with an expert personal trainer, they will be guided through a series of programs biomechanically designed for their specific needs and goals. This can range from just losing a few pounds or getting your body functional again to sports specific training to put you on top of your game or even pre or post rehabilitation to get your body healthy again.

Personal training is for everyone, whether you are 14 to 100 years old. Here at BODY SYMMETRY we can and will design a program that best suits your goals or needs, and we will work with you to help you achieve your dreams. Give us a call or stop by and see how we are different from your average over crowded gym. After all, a personal trainer should make each session unique and fun while maintaining correct form and function! A trainer should make YOUR session personal, not just be a rep counter! Remember, you want to train smarter, not harder!