

A personal trainer in a dark blue t-shirt and shorts is assisting a client with a bench press. The client is lying on a bench, lifting a large dumbbell with green weights. The trainer is standing over the client, guiding the movement. The background is a dimly lit gym with graffiti on the wall.

GYMS

YouFit

# **WHY PERSONAL TRAINING IS WORTH THE WEIGHT!**

Discover more about YouFit's award-winning Personal Training offerings, and learn why hiring a personal trainer can be a huge advantage for your workout routine!



# BENEFITS OF PERSONAL TRAINING



You've already made the first step in the process...and that's thinking about hiring a personal trainer. Whether you've never worked out a day in your life, or you've been working out for years - you'll find that hiring a personal trainer can be beneficial for any fitness level. Not only do trainers provide extra accountability, but they also can be a fantastic resource in designing workouts and helping hone in on areas of improvement. YouFit offers a wide variety of personal training options, for every budget and schedule imaginable.

## **HOLD YOU ACCOUNTABLE**

Staying motivated with any routine can be a challenge. With work, friends, kids, and so much more...it's easy for life to get in the way. Our personal trainers will help hold you accountable, and help you set weekly goals. Our trainers will be able to help you check-in on a regular basis, and check to make sure you're hitting the benchmarks you set together at your introductory session.

## **TEACH YOU NEW THINGS**

With 1000's of workouts and movements designed for every muscle in the body, there are always ways to improve and try new things at the gym that you've never done before. Our trainers are educated and ready to push your limits, and encourage you to try new exercises. Whether you want to learn to lift properly, or start a new cardio routine to lose weight, a trainer is a wealth of knowledge at your fingertips. Implementing new workouts can help you hit your goals faster - and help you become stronger in ways you never dreamed possible.

## **OVERCOMING HURDLES**

Doing the same thing at the gym over and over can get EXTREMELY draining, and help you lose interest in going to the gym. Over time, your body will start to plateau, and become accustomed to doing the same exercises over and over again. Our YouFit trainers will help you get over the fitness humps, and keep working out both engaging and fun. By trying new things and overcoming hurdles, you'll notice improvements with your stamina, and keep challenging your body to get stronger and stronger.



"The reason I keep going consistently can be attributed to my personal trainer Leon, who since the beginning, pushed me to always, always push myself harder. He's seriously an amazing trainer and an incredible asset to the YouFit community."

**Camila Y.**

# WHAT DOES A YOFIT PERSONAL TRAINING SESSION LOOK LIKE?



There are many misconceptions about what a personal training session looks like, and the idea of hiring a trainer can be daunting for many people. Just the opposite holds true...and hiring a personal trainer will prove to be one of the best investments that you make in yourself. Here's a quick breakdown of what our sessions look like, and what you can expect when meeting your trainer.

## What Should I Expect Going Into My Session?

- › A safe experience - safety will always remain our number one priority
- › Be ready to have an efficient and fun workout!
- › Bring a positive mindset to crush your goals
- › Be ready to leave the gym feeling even better than you walked in

## What Might My Personal Training Session Look Like?

- › Talk to your trainer about establishing your goals
- › 20-25 minutes of efficient and effective exercises geared towards your goals
- › Functional movements, body weight exercises, compound movement, isolation exercises, machines
- › MASK (motivation, accountability, structure, knowledge)
- › A light cooldown and stretching

## What Can I Expect On My First Day of Training?

- › Establish your goals
- › Create a measurement and baseline for future sessions
- › Create a sustainable and achievable workout plan
- › Get to know your personal trainer better
- › Let the trainer assess how your body moves
- › Create a repeatable habit (coming in early, warming up, bringing water/towel, setting certain days to workout, etc.)



"I've been a member of YouFit for 4 years & highly recommend it. I've worked with 3 trainers and all were excellent - professional, knowledgeable and focused on my personal fitness goals."  
**Bridget O.**





# TAILORED TO YOUR GOALS

One amazing benefit of Personal Training is the one on one attention you'll receive from some of the best in the business. Your session time is 100% yours, and can be spent however you see fit. Strength training...cardio...mobility...the entire gym is your oyster.

It's important to note that no two personal training sessions are the same. Everybody walks through the doors of YouFit with totally different goals in mind, and different things they want to achieve during their time at the gym. A personal trainer will meet you wherever you are along your fitness journey, and help you make sure you get to where you want to be. If you're not seeing the results you want, this is the perfect place to begin. After assessing your current fitness regiment, your trainer will look at your goals, and make sure they are realistic.

Our trainers will also work alongside you to make sure you achieve the goals you set at your first session. Sometimes people don't see the results they are looking for because they aren't always working as hard as they could. Having someone to challenge you (and cheer you on!) can make a world of difference. They will also help hold you accountable, and check-in regularly to see how you're doing.

Sometimes our goals can be inhibited by specific injuries or conditions. Many times, doctors recommend exercise and movement - but how do you make that possible if you're experiencing pain or needing to work around an existing injury? That's another great benefit of hiring a trainer - and where our experienced staff comes in. They will help create a program that works on the areas you need without risking re-injury, and can take into account various chronic health conditions. Working out safely is always extremely important, and having a sidekick with you at the gym will help make sure you stay safe and productive.



"Right now I am a PT client and all of the trainers are really knowledgeable and nice. My trainer, Aaron C, is great at working with my level and pushing me to be better every week."

Katie B.





# PROVEN RESULTS THAT WORK.

Being a mother is one of the most challenging jobs in the world, and it can be hard to carve out time in your busy day for yourself. **Kelly Rockafellow** made the game-changing decision over a year ago to hire a trainer of her own, and make an impactful change that really mattered. With the help of YouFit North Port Trainer **Victor Crimu**, Kelly has since lost over **96 pounds**, and hasn't once looked back.

## **TELL US ABOUT YOUR FITNESS JOURNEY WORKING OUT WITH VICTOR?**

**Kelly:** When I started with Victor my only goal was to feel less intimidated by the gym and to lose weight. I never had any intentions of enjoying the gym! In fact, the first day we met I told Victor I knew I would never be a "gym person", I was uncoordinated, and clumsy. He just smiled and agreed, and has continuously helped me prove myself wrong! Now I truly enjoy working out and weight-loss is no longer my #1 reason for going.

## **HOW HAS HIRING A YOUFIT TRAINER CHANGED YOUR LIFE?**

**Kelly:** I needed a personal trainer because the gym was new to me, and I felt out of place.. I also needed accountability. I feel very comfortable now and I'm great at holding myself accountable, but I continue with Victor because he keeps me moving toward my goals and has a wealth of knowledge I just don't have. I would not have had the success I have had working alone, which I know from trying many times before.

## **HOW HAS VICTOR HELPED CREATE A WORKOUT PLAN THAT WORKS FOR YOU?**

**Kelly:** One of the things that amazes me about Victor is his ability to understand his clients. He knows exactly when I need to be pushed or when I have had enough. He uses that info to create a plan that I feel comfortable doing alone, and utilizes our time together to push me past my comfort zone.

## **WHAT WOULD YOU TELL OTHERS WHO ARE HESITANT ABOUT HIRING A PERSONAL TRAINER, OR CONSIDERING STARTING A TRAINER ROUTINE OF THEIR OWN?**

**Kelly:** Do it! As a mother I am always doing whatever I can to invest in my children. Sports, conditioning, equipment. I am always willing to make the investment, but I wasn't doing the same for myself! I'm worth the investment too and the rewards from working out with a trainer truly do transfer to all areas of my life.

## **ANYTHING ELSE YOU'D LIKE TO SHARE ABOUT YOUR TRANSFORMATION AND WORKOUT JOURNEY?**

**Kelly:** I'm so thankful for making the decision to hire a trainer, and that Victor is the trainer who happened to be there. I do not think I would have reached my goal without him. He has completely transformed my way of thinking and helped me see the potential I have to reach whatever goal I set for myself. I know this sounds dramatic, but I truly believe he has helped me add years to my life, and I am incredibly grateful.

**Ready to be like Kelly and make impactful change that matters in YOUR life?**

We offer Personal Training packages that are extremely affordable, and work for every budget. Make an investment in yourself, and prepare for a healthier life.