

How to get help with your workout at the Downtown Fitness Club

We understand that you want to be successful in achieving your fitness goals. To assist you, we have developed several programs to provide the necessary tools you'll need in your quest. Please note that most of these programs are not free. Our philosophy is to bring you the highest quality of health and fitness services, by employing trainers with excellent credentials, the highest levels of education and solid experience in the field, this requires that we charge for their services, but we do so at value prices. Compare our service with those so-called free services other clubs claim are just as good and you'll agree that the results our staff help you attain are worth it, after all the biggest investment you make into your fitness program is time! Stop wasting time and invest in the most valuable asset you have-YOU!

Personal Training

Our personal trainers are committed to giving you everything you need to accomplish your fitness goals. You will be properly instructed with sound exercise principles, motivated to complete each workout and have a level of accountability that is often the missing ingredient in self-directed programs.

Your trainer will work as hard at creating your perfect routine as you do actually performing it. Your trainer is a fitness professional, dedicated to finding just the right program for YOU. They continually educate themselves on the latest techniques in exercise and bring them to the DFC to help you achieve your fullest potential.

Half Hour of Power

You're busy. You get distracted in the weight room and spend more time than you wanted. You often skip weight lifting because you're bored with the same old routine. All common excuses.

To overcome those obstacles, we created the ½ hour of power!

This time-efficient workout will encompass all the major muscle groups of your body and produce gains in strength and lean muscle that get you excited about weight training again, all in just 30 minutes per workout! An instructor will coach you through this routine three times per week in a four week session for a total of 12 workouts that will literally change your physique. Other clubs charge \$20 per session for group personal training. The DFC offers this 4 week program for just \$99, that's only \$8.25 per session! Sign up for the next session of ½ hour of power today!

Floor Trainers

Sometimes you need help and you need it quick. You need a spot on the bench press. You read about a new exercise or machine in Shape magazine and you want to learn how to do it. You have trouble shaping a particular body part and want to know the best exercises to use. Should you do cardio first and then weight lifting or...

We have qualified trainers out on the exercise floor during the day to help you with the answers to these questions and more. They may see you doing an exercise incorrectly and come to your aid or notice you've been doing the same routine for months and offer alternatives. The floor trainers' hours are posted in both weight rooms by the workout card files. Utilize these trainers they are great resources!

Nutrition – Putting it all together

You've committed to getting into top shape. You've gotten your workout set-up. You've planned out your daily regimen to accommodate your new exercise routine. But wait...there's something missing. Without the proper nutrition to compliment your change in activity, you may be shortchanging yourself and making it more difficult to get to the physique and level of health that you want, and worse you make be sabotaging all the hard work you are doing in the club.

We have the answer, the DFC Nutrition program. You'll get a comprehensive journal to help you track total calories, as well as important nutrients like protein, carbohydrates and fats. You will begin with an initial consultation to set up your meal plan and have three follow up sessions over the six week program to help make any needed changes and keep you on track. Best of all its all done with real food, no supplements to buy or expensive prepackaged foods, you can get everything you need at the local market.

Virtual Motivation

Sometimes despite our best intentions, we slip and fall back. No worries, it happens to the best of us. Make sure you're linked to the DFC support line by getting on our email list. You'll get the latest news from the club, daily reminders of our group exercise schedule and floor trainers' schedule, fitness tips, contests and even some motivational messages from our staff. On those days when you just aren't feeling your mojo, open up your inbox and let us give you some of ours! Also, check out our website at www.downtownfitnessclub.com