



See Your Future in Fitness

Our Mission

"Our mission is to build long-term relationships with clients and contracted personal trainers. To provide high-quality personal training to the Piedmont-Triad area through a concerted effort focusing on continuing education and professional certifications. To develop these relationships through the daily practice of sound and safe scientific application of fitness instruction and consistent, fair and professional management."

We will help you...



Address your current health and fitness concerns



Learn proper technique and form to enhance muscle development and reduce risk of injury



Maximize your session by getting the most focused workout you can have to fit into your schedule



Set realistic and productive workout, nutritional and lifestyle goals



Deposit everything you can into your BEST INVESTMENT ... YOUR BODY!

Health and Wellness

We work with all ages to help you meet your weight loss and fitness needs. This includes cardiovascular fitness, increasing muscle mass, weight loss management, lifestyle enhancement, body fat reduction, functional fitness & body composition analysis.

Children and Adolescents

Let one of our qualified trainers design an exciting program just for your child. These fun programs help motivate and encourage behaviors that lead to a lifetime of health and activity.

Athletes

Combining sports-specific knowledge with the most current research, we will prepare you for optimal performance on and off the field. Proper instruction ensures athletic progress and minimizes your risk of injury.

Post-Clinical and Special Needs

Whether you are post-cardiac rehab or recovering from an orthopedic procedure, we can work with your doctor, surgeon or physical therapist to ensure the safest and most effective compliance to your doctor's prescribed desires.



All College Degreed or Degree Candidate Staff of Personal Trainers



ONLY One-on-One Training



Goal-Oriented Fitness Programs



Weight Management Programs



Nutritional Guidance by a Registered Dietician Available on Referral



In-Home Visits Available



NO CONTRACTS OF ANY KIND...EVER! Our quality of service is the only thing keeping you here, not a contract. We don't need one!

www.DTFit.com

Phone: (336) 275-6456

Fax: (336) 275-6428

610 N. Elm Street
Greensboro, NC 27401



Your Future

Why should someone hire a personal trainer?

- To help you reach your health and fitness goals
- To plan safe and effective workouts
- To be a source of motivation, knowledge and expertise
- Focused workouts = Less time in the gym

Safety
Effectiveness
Motivation
Knowledge
Expertise
Time Management

DownTown Fitness on Elm requires all trainers to hold a four year degree in the curriculums of Exercise Science or Health and Nutrition. Trainers must hold a certification through either the NSCA (National Strength and Conditioning Association) or the ACSM (American College of Sports Medicine).



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