

Personal Trainer Columbus. com now offers Morning Fitness Boot Camp for workout enthusiasts

Fitness Boot camp with Greg and Melanie is an ongoing training program held in Gregory's Corner Boxing Fitness Studio located on 6689 Village Pkwy in Dublin, OH 43017 (next to AMC Theater)

Oct. 22, 2009 - [PRLog](#) -- Personal Trainer Columbus.com / Body by Greg, LLC October 22, 2009

Body by Greg, LLC is proud to announce a launch of new exciting service that is now available to all current and new clients in Columbus, OHIO area.

Morning Fitness Boot Camp for workout enthusiasts has been tested with very small number of clients with tremendous success.

Our revolutionary fitness Boot camp produces 10 different training methods under one roof to expose our clients to ever adapting, fat burning, muscle building, environment where participants will have no other choice but turn into a lean, mean, sexy machine.

Fitness Morning Boot Camp is lead team of two renowned trainers and married couple Greg and Melanie Jasniewski

New fitness Boot camp offers following training methods.

1. Strength training – Get ready to do some serious lifting with free weight and your own body weight. (Look at the gymnasts...they don't train with machines and yet we consider them the strongest people in the world)
2. Power Up – It will make you or break you. Enough said. You have to experience it to understand.
3. Circuit training – How many times have we heard "I don't want to bulk up" while lifting weights. With circuit training you just don't bulk up. You get leaner, defined and smoking hot.
4. Boxing – Just bring the picture of your enemy and we put it on a heavy bag. You will have the best workout of your life.
5. Stretching – Did you know there are several stretching methods? Each one is designed to accomplish different things. We use very specific stretching methods to improve your posture, muscular alignment, range of motion in your joints, but most importantly improved flexibility will prevent you from getting injured and could eliminate or at least minimize pain in your body related to overload pattern movement (like hunching over your keyboard everyday).
6. Kick boxing – There is a huge difference between punching and kicking. Distance, balance, timing, flexibility to mention just few things are completely different and once you learn how to use both nobody is going to mess with you.
7. Self defense – it takes some guts to stand up against your violator. Learning the right techniques is an obvious choice. Don't get victimized ever.
8. Speed training – Just in case if you skipped a class above. Being able to react and move quickly doesn't apply just to the professional athletes. It applies to you and your everyday activities.

9. Endurance training – Run Forest Run

10. Tabata protocol – Where boys become men and girls become women. Very intense short duration (4 minutes per exercise) training method that significantly improves aerobic and anaerobic threshold.

This program eliminates need of joining at least 6 different programs to experience fitness training like this.

Members can join at any time by subscription through <http://www.personaltrainercolumbus.com> website.

Each member will have a chance to enroll in try out program for 1 week.

Classes are held 4 times a week at 6 am on Monday, Tuesdays, Thursdays and Fridays at

Gregory's Corner Boxing Fitness Studio located at 6689 Village Pkwy in Dublin, OH 43017

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Premier Personal Training Services in Columbus Ohio area.
Individual and Group Training, Online Personal Training,

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City/Town Columbus
State/Province Ohio
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Country United States
Industry Personal training, [Fitness](#)
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[Personal Trainers](#), [Gyms](#)
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