

# Private Studio Personal Training amp Nutrition Coaching (Arvada)



Location

Colorado

<https://www.genclassifieds.com/x-279783-z>



NO GYM MEMBERSHIP REQUIRED <> TRAIN IN MY PRIVATE STUDIO  
PROGRAM DESIGN <> NUTRITION COACHING <> ACCOUNTABILITY <>  
TRANSFORMATION

From the most basic first step (finding yourself dressed and ready for activity) to more advanced problems like fitness plateaus and mobility-limiting injuries, there are countless things that can stand in the way of achieving your fitness goals.

But at the end of the day, those things are standing in the way of much more than your fitness goals. They're standing in the way of you becoming. . . you. Your very best self. The self that inside, you know you are, but outside, you're still getting there. As your trainer, it's my job to give you the boost you need to get there a little bit faster.

A little about me and my business-

My name is Jen and I am a National Academy of Sports Medicine Certified Personal Trainer and owner of Upward Spiral Fitness and Nutrition Coaching. I also hold NASM certifications in Corrective Exercise (CES) and Fitness Nutrition (FNS).

My mission as a fitness and nutrition coach is to educate my clients about exercise, diet, and maintaining a healthy lifestyle, while empowering them to make the most of their abilities: through knowledge, direction and encouragement. I inspire clients to take an active interest in accomplishing their

goals, and I welcome their input and feedback throughout the entire training process. Each training relationship is a collaboration of working together to make things happen. As your coach, I will work with you to develop a healthy routine and give you the tools to make it permanent. We have training sessions with weights, resistance bands, and cardio definitely, but also about how to help you to your proper nutrition and have a strong core with the ability to move properly. You're not to day

I specialize in creating full body workouts that will help you achieve your goals in an effective and efficient way so that you can continue with your busy life. I teach you to train smarter, not harder.

Working with Upward Spiral Fitness guarantees that you'll see results. How? Have a trainer that is personally invested in your advancement. How? Be able to get personalized training in a private studio gym without waiting around for equipment. How? Be able to get personalized training in a private studio gym without waiting around for equipment.

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â€? Be freed from the requirement of joining an expensive gym to enjoy top-notch personal training services.

My personal training services are focused on you and your goals. Each workout is unique. Each workout is planned in advance. Each workout will push you to the limit

Remember, it is the small consistent daily improvements that are the key to BIG long term changes and RESULTS!

Getting started is simple. Send me an email to set up your FREE consultation, and you'll be on your way to a more confident you. Check out my Facebook page at [www.facebook.com](http://www.facebook.com)