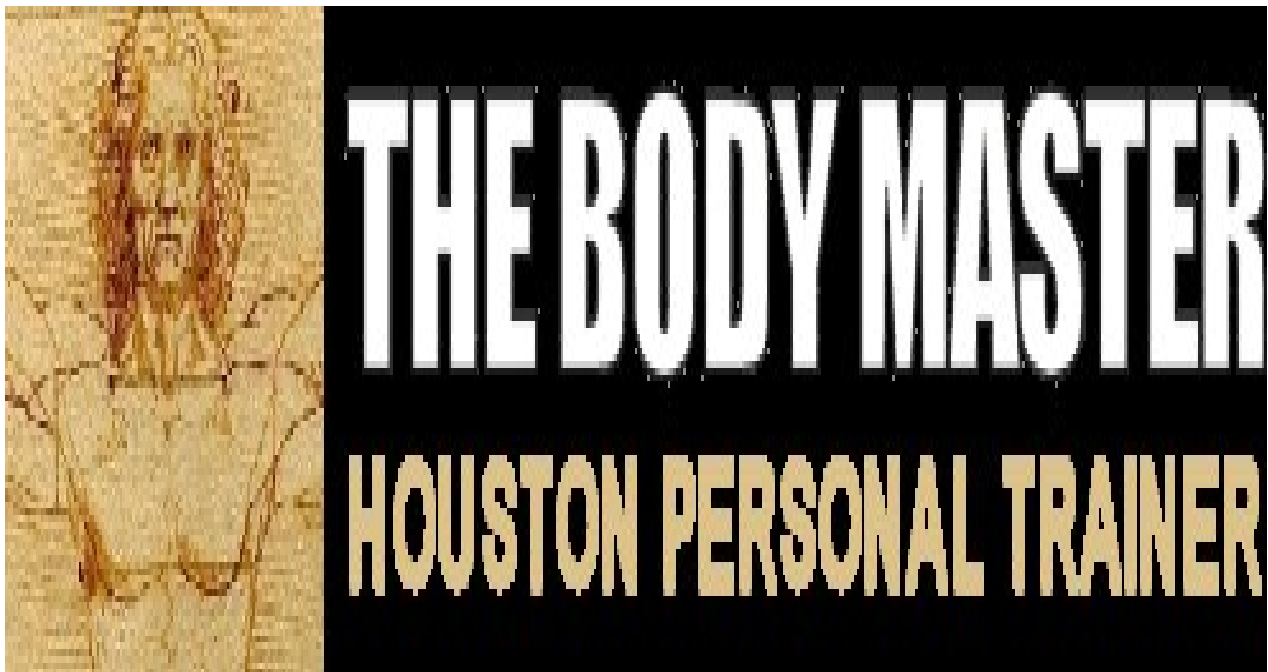




The Body Master Fitness Studio Now Offering Personal Trainer Services In Houston

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The Body Master Fitness Studio of Houston, TX is inviting residents in the Houston area to experience the many benefits of its newest fitness personal training services.

The fitness studio based in Houston has been in the fitness industry since 1996. The company consists of certified personal trainers who conduct one-on-one sessions with clients. Ron Russell, one of Body Master's renowned trainers, is always excited to welcome new faces to its studio. "It's truly an honor to help people reach their fitness goals and be an inspiration to others," he stated. "People go to Body Master to change for the better, and it's a great feeling to be a part of it."

Body Master Fitness Studio conducts its services with a personal touch. Individuals who would want to reach their fitness goals can explore the studio's list of services, which includes weight loss, body sculpting and toning, nutritional guidance, post-rehabilitation training, cardio training, aqua training, resistance training, and strength boxing. Clients are provided with a personal trainer who creates a program suited to fit an individual's needs. In addition, its studio is equipped with a state-of-the-art weight room as well as a complete cardiovascular area. Clients are also provided with a nutrition plan in order to reach fitness goals faster and

safer.

Clients receive full-on attention and focused, individualized training in a non-intimidating and private environment. Many of its clients have expressed their appreciation for the fitness studio as a result of Body Master's client-driven services. Michael, a Houston resident who recently sought Ron Russell to lose weight, relates his good experience with Body Master and its personal trainers on <http://www.thebodymaster.com/personal-trainer-services/>, "I found Body Master through <https://www.facebook.com/thebodymaster>, and I'm really glad that I did. Ron is a quiet success story who takes the time to care for his clients and it shows. Now, I feel lighter and stronger, thanks to Body Master."

Body Master is opening its studio's doors to everyone from all ages, young and older. As of this writing, the studio is offering free consultations on <http://thebodymaster.com> to let them experience personalized training services like never before.

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For more information about The Body Master Fitness Studio, contact the company here: The Body Master Fitness Studio Ron Russell (713) 773-0077 train@thebodymaster.com The Body Master 7814 Nairn Street Houston, TX 77074

The Body Master Fitness Studio

Houston Personal Trainer, Ron Russell has been serving the community for nearly 20 years. He is recognized as one of the best health and fitness trainers in all of Texas, and specializes in helping with weight loss, injury rehabilitation and baby boomers.

Website: <http://www.thebodymaster.com/>

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