



Houston Personal Trainer Focuses On Customizing To Match Client Needs

June 18, 2015

June 18, 2015 - PRESSADVANTAGE -

Houston, TX based fitness company, The Body Master Fitness Studio, has announced that they offer personal training services that focus on individual client needs. The company has made it clear that they are passionate about helping their clients achieve fitness goals while working in ways that benefit their lifestyle and body types in particular. They have said the following regarding their work and the way that they tailor their programs to suit client needs:

"The Body Master has been serving the area since 1996. We really do care about you and your fitness goals. We design your exercise program especially for you based on your goals and your current fitness level."

Finding a Personal Trainer Houston is easier than individuals think, according to The Body Master Fitness Studio. They offer a number of services outside of their personal training to help all clients find their inner athlete. Cardio training, aqua training, special populations, stress boxing, resistance training, post rehabilitation training, and diet and nutritional programs are all available through the company's facilities.

The Private Personal Training Studio, used by clients in one on one training sessions provides privacy, and a

higher level of trainer interaction. The company has said that this is a highly efficient way for them to not only train, but monitor client's fitness level and improvement as workouts continue. They say:

"Body Master Fitness Studio is a private, exclusive studio. No more than one other client is scheduled during your Personal Training session, so you work out in privacy. There is no waiting on others to finish with equipment, so you can move on quickly and efficiently through your workout."

Along with the top of the line studio, which the company claims is essential in their training and fitness courses, they also suggest that the reason so many clients find success through their programs is due to the fact that they keep fitness fun. The Body Master Fitness Studio stands by the idea that hard work will get results, but without enjoying an exercise it will always be thought of as work, and nobody wants to work their whole lives away. Instead, the team at the studio implements interesting and upbeat methods of training to keep things interesting and promote fitness in a way that makes their clients want to be there. They have said:

"You'll stretch, lift, tone, box, kick and bounce your way to fitness. Your certified personal trainer will be with you every step of the way providing you with the encouragement and instruction that you need with our personal training packages we always include nutritional guidance to accelerate your progress. Body Master Fitness Studio is truly a place where you can learn to master your body!"

The company has encouraged new users or those who are interested in looking further into their style of fitness and training to visit them at their website. They also offer tips, news, and promotions through their various social media accounts, which they invite clients and interested individuals to follow at platforms such as Facebook, Twitter, Google+, YouTube, and more.

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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.

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