

Barkes Fitness Serving Great Indianapolis Announces Personal Training Innovation & Nutrition

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Barkes Fitness is more than a gym. They serve as more than just personal trainers. Barkes is a sparkling cocktail of supportive relationships, positive mind frames, tricks, and tools. Their foundation is knowledge and real-world results. And the recipe for success is in the belief that every aspect of an individual's health and fitness journey must pass through a filter of light.

That filter of light means Barkes brings everything to the table to ensure there are no hidden misunderstandings, bad habits, or stresses that may hinder their client success. Barkes Fitness is a family, and families share. Barkes cannot fix what is not known; mental, spiritual, and physical.

With Barkes, clients can expect to learn about themselves. Clients will receive a better understanding of why they operate the way they do and how Barkes can help clients move from where they are to where they want to be.

This is called the "Barkes Experience". Barkes take this process seriously but clients will probably find themselves laughing more often than not as Barkes tends to teach with a great deal of humor.

Once someone has decided to go all in, they will find themselves surrounded by multiple different genres of professionals willing to help and a family of friends that are all doing exactly what they are doing. Each new friend will be ready to share their story and laugh with them along the way.

Some people think that gyms have to be cold, and super corporate feeling. Barkes is really the anti-corporate gym. Run by a dynamic husband and wife team who are truly invested in the wellness of their clientele. New and current members are sure to learn more about how their body works like a machine.

Learning to feed the machine with healthy fats, proteins, and vegetables. Then building muscle and burning fat through a combination of cardio and weight resistance training. Clients also enjoy yoga, suction cupping and other ways to fuel their recovery and speed up progress.

One of the benefits that clients will enjoy is having an IFBB (International Federation of Body Building) pro on site in the gym. Ben Barkes, co-owner along with his wife Amanda, brings years of professional nutrition and training expertise. Clients will love the fun atmosphere and breadth of knowledge the whole team of trainers possesses.

From helping people lose 100 plus pounds, to helping full-time stay at home moms get in the best shape of their lives, Barkes Fitness is taking the fitness world by storm.

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For more information about Barkes Fitness, contact the company here: Barkes Fitness Amanda Barkes (812) 240-0657 9135 Pendleton Pike, Indianapolis, IN 46236

Barkes Fitness

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