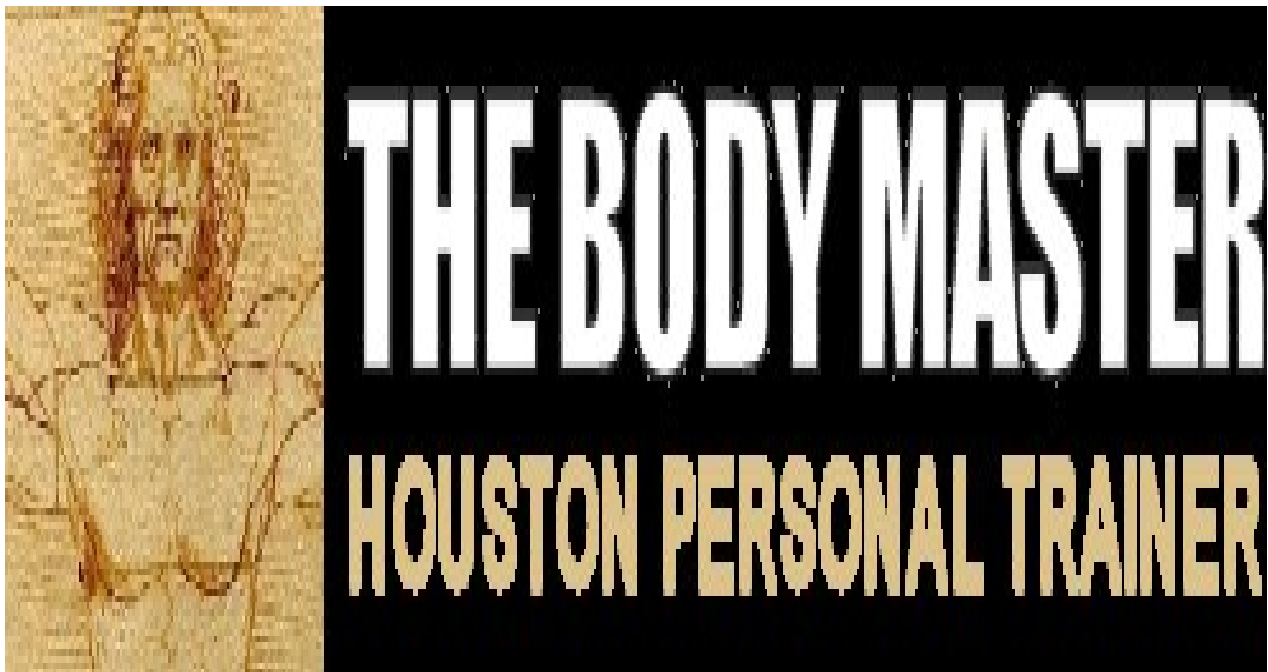




Houston Personal Trainer Launches Aqua Fitness Training

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The Body Master Fitness Studio, based in Houston, TX, has recently started offering Aqua Fitness training, as can be seen at <http://www.thebodymaster.com/personal-trainer-services/>. This particular type of exercise is also beneficial as a post rehabilitation therapy. Meanwhile, the fitness studio will continue to offer their regular services.

The Body Master Fitness Studio's Ron Russell says, "We wanted to make sure that people can experience an elite exercise even in the swimming pool. We can develop plans that focus on muscle toning, fat burning or rehabilitation and the program helps our clients to achieve success much quicker than ever before."

Currently, no other private physical trainer in Houston offers state-of-the-art fitness training equipment as well as a swimming pool. The company believes in professionalism and privacy, focusing on clients on an individual basis, using the most up to date tools and techniques. Further information about the benefits of this training can be seen on <http://www.thebodymaster.com/personal-trainer-services/aqua-training-rehabilitation/>.

The Aqua Fitness training takes place in the salt water pool that is exclusive to the Body Master Fitness

Studio. This means that clients do not have to worry about being exposed to chlorine, which can cause damage to skin and hair. The pool uses the highest quality salt care products and is professionally maintained. The pool is beautifully situated, nestled underneath a magnificent oak tree's canopy. This acts as a natural sun barrier, ensuring clients are shaded during their workout session. Furthermore, this ensures the pool's water remains at the perfect temperature.

Clients have been highly appreciative of the work done by the personal trainer. "When I started training with Ron I was overweight, depressed, and had major physical injuries from a car accident," says Louis Epstein. "Now at 46 I am in better shape than when I was an athletic college student. I really feel like Ron saved my life." Further testimonials can be found on <http://www.thebodymaster.com/testimonials/>.

Aqua Fitness training is known to be highly beneficial. It is a gentle, but highly effective form of exercise. Through the expertise of Body Master, people will be able to enjoy these advantages.

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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

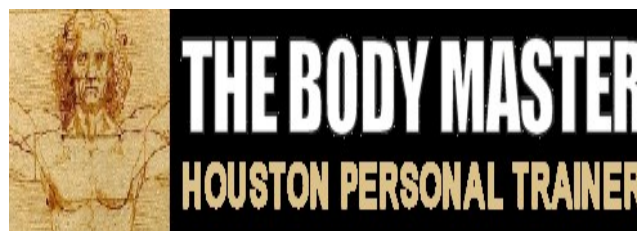
The Body Master Fitness Studio

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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