



Eden Prairie Fitness Gym Provides Solutions For Weight Loss

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Altman Fitness has announced that its fitness gym in Eden Prairie, MN, has now helped hundreds of people achieve their weight loss goals. These people are now well on their way towards achieving better health. To celebrate, new clients can take part in a seven day trial of the gym, which includes seven days worth of workouts and a total body assessment. Further details are available on www.altmanfitness.com.

Founder of Altman Fitness, Jay Altman, says: "My goal is to make people fit, strong and healthy. This, ultimately, will also lead to them being happy. I offer training in a supportive, safe and fun environment, where success is celebrated at every point. I am so proud of all the people that I have been able to work with and all that they have been able to achieve and can't wait to see even more fantastic results."

Altman Fitness offers people seven days of fun and challenging workouts. These include a personal goals analysis and review, and a full explanation of all the services that are available in the center. This enables people to get the most out of any service they decide to use. All staff at the gym are dedicated to making people feel safe and comfortable, thereby helping them to reach their goals.

The success stories from people who have used the Eden Prairie center are impressive. "I really want to mention one of our members, Nicole Cleland," adds Jay Altman. "She actually came to us after suffering a brain tumor, but that wasn't enough to stop her. Whatever adversity is thrown in her face, she comes out the other side stronger than ever. So far, she has lost 60 lbs and is just 10 lbs away from her target weight. We know that she can do it and support her all the way."

Nicole's story is just one of many. People who attend Altman Fitness come out happier, healthier, fitter, and stronger. They find themselves committed to their own weight loss goals, as well as supportive of others. As such, they form a true community that motivates itself.

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For more information about Altman Fitness, contact the company here: Altman Fitness Jay
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Altman Fitness

Altman Fitness is a results driven and energetic fitness and fat loss workout facility that includes motivation, accountability, nutrition guidance and dynamic resistance training.

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