



# THE Elite Personal Training MOTIVATOR

- ✓ Personal Training
- ✓ Rehabilitation
- ✓ Weight Loss
- ✓ Muscle Recovery
- ✓ Sports-specific Training
- ✓ Boomstick Therapy
- ✓ Active Release Technique

The Motivator personal training studio is not your typical gym; our goal is to provide an atmosphere unlike any other, where everyone feels welcome as if they were family. We go above and beyond the standard "call of duty" in the fitness industry to ensure that each trainee is provided with an unparalleled personal training experience. From the moment a client steps foot in the door, to the moment they walk out, and even beyond the time they've paid for, we continuously support each individual in reaching his or her personal fitness goals.

Rather than settling for being glorified "rep-counters" and "weight-stackers," we at the Motivator pride ourselves on going the extra mile in all aspects of our training, including making a concentrated effort to keep our work/workout space immaculate. While many gyms do not make cleanliness a priority, it is not unusual to see our trainers, including the owner himself, dusting, mopping, and wiping down equipment multiple times per day. As seasoned gym-goers and trainers who have experienced the gamut of gyms, we understand the importance of maintaining cleanliness as not only a way of preventing the spread of germs, but also as a way of displaying a sense of pride in what we do. We also understand how important it is for our clients to feel comfortable while they workout, and the last thing they need to worry about is what they're laying on or touching being dirty or covered in germs.

Although our team of trainers has the knowledge and expertise to guide any client toward achieving any physical goal, we always put health

and safety first, conducting personalized assessments. Some of the specializations we offer to better serve our diverse range of clientele include: Active Release Technique (ART), Boomstick Therapy, mobility enhancement for the elderly and disabled, injury rehabilitation, pre and postnatal training, functional training, strength conditioning, fat loss, and sports nutrition. What we have to offer is incomparable to others in our field.

Our state of the art personal training studio ensures a hassle-free, non-intimidating experience because we have no contracts, membership fees, or incessant sales representatives. Beyond that, we genuinely care about the people we serve. Our compassion, attention to detail, and expertise with no strings attached is what sets The Motivator team apart from the rest.

Our determination to go above and beyond in serving our clientele is reflected in our overwhelmingly positive ratings on the BBB website (32 A+/ 5-star reviews), Yelp Biz (10 5-star reviews), and Google Business (74 5-star reviews).

*Conveniently located at the Northwest corner of East Wrightstown and Pantano.*



Best Gym / Personal Trainer



Al Vishnevetsky - Owner/Trainer



Volker "Woody" Kiel - Trainer



Maggie Zamora - Trainer



Lance Oberberding - Trainer



Tamara "Luna" - Trainer



Tiffany Luce - Trainer



Oscar - Owner

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