

T TRAINING

RESULTS START WITH FOCUS

If you're thinking about getting a personal trainer but don't like the crowds you find in the gym, we've got your answer. Focus Integrated Fitness (run by expert trainers Joe Masiello and Gabe Valencia) offers private personal training sessions in New York City, with the option of working out at a venue of your choice. Whether training at their facilities, at home or even in Central Park, nationally certified Focus trainers make workouts fun and easy through a variety of different offerings.

Each client receives a complimentary session and extensive consultation, complete with physiological assessments – including body composition analysis, resting metabolic rate, cholesterol testing, blood pressure, Framingham Risk and Polar Body Age – so your program is tailored to meet your exact needs. And with the guidance and motivation an experienced Focus trainer provides, you'll get great results while also having fun. Choose from customized online services, strength training, aerobic conditioning, yoga, Pilates, massage and more. Even better, each trainer is carefully screened and selected to ensure you get a level of professionalism you simply won't find in a gym. And heck, Beyonce trains with them, so they must be good! For more information, go online to focusnyc.com or call 212-319-3816.



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