

THE BENEFITS OF WORKING WITH A LA CAMARILLA PERSONAL TRAINER

MOTIVATIONAL SUPPORT

You'll be encouraged with the expert leadership of your La Camarilla trainer. You will be provided with the structure and accountability to stick to an exercise routine.

GET IN SHAPE

The leading reason for people hiring a personal trainer is to lose weight and get in better shape. It will work if you hire a trainer because you have already made the resolution to lose fat and build muscle and a trainer can keep you on track and help you realize your goals.

TECHNICAL EXPERIENCE

The trainers at La Camarilla are all nationally certified with a reputable organization such as ACSM, ACE, NASM, ISSA & AFAA.

SAFETY

Your La Camarilla personal trainer will watch your form, and help push you or slow you down depending on your limits and strengths. Most of us tend to ignore some of our subtle body signals. We either push through pain or give up too soon. Your trainer will help you achieve proper form and technique and get the most from your workout without getting injured.

INDIVIDUALIZED PROGRAM

Each individual has their own needs and if you have a medical condition or previous injuries, a trainer can work with your health care provider and design a program in which you can address the special conditions and still help you reach your goals.

GOAL SETTING & PERFORMANCE

You may have certain goals you want to reach. Your La Camarilla trainer will evaluate your current program, create a plan and will help you get maximum results in minimum time. Your trainer will focus on results and not waste your time with inefficient workouts. From beginning exercisers to elite athletes, new goals and personal bests will become much more attainable with a trainer.



LA CAMARILLA

RACQUET, FITNESS & SWIM CLUB



PERSONAL TRAINING

5320 East Shea Blvd.
Scottsdale, Az 85254
www.lacamarilla.com

(480) 998 - 3388