

Making fitness personal

By Leigh Patterson

If you have ever let a gym membership lapse, started an exercise regime only to lose your motivation, or felt intimidated by large, impersonal fitness centres, you will appreciate the personal training offered by Chris Robbins and Ellie Martens of Lift Fitness.

Conveniently located off south Osborne Street and steps away from Winnipeg's famed "Confusion Corner," Lift Fitness, which opened last fall, is achieving a positive word-of-mouth reputation for its comfortable atmosphere, small fitness classes and one-on-one training. For Robbins and Martens, there is nothing confusing about their goal: to make workouts rewarding and fun, too.

"We take our clients' goals personally, following our initial consultation, we will set up a customized fitness program that is adaptive and challenging to make sure the client doesn't plateau. We take care of the technical aspects, so the client can have a great workout and a good time."

Small in size but big on client service, accessibility sets Lift Fitness apart. Both Martens and Robbins are so dedicated to their clients' success, they will accommodate client schedules; meeting a client at the gym for a 1:00 a.m. training session is not out of the question. In addition to personal training sessions, Lift Fitness offers a number of cardio, boxing and weight training classes.



"As a private gym we have a lot of flexibility in what we have to offer our clients," says Robbins. "There's a variety of affordable options."

Training and classes take place in the newly renovated, immaculate Lift Fitness gym, which is surrounded by windows that let in loads of natural light, and fully equipped with commercial cardio and weight machines locally manufactured by Pulse Fitness, as well as free weights and punching bags.

As trainers, Robbins and Martens take pride in monitoring their clients' progress as they work to achieve their fitness goals. "When a client tells you her Parkinson's is less symptomatic and she's taken 10 strokes off of her golf game since training with us, it's incredibly rewarding," says Martens.

"We're always available to keep our clients motivated and their spirits high. Their success is our success."

Ever trained in a private gym before?

Had a training program customized to meet your own personal goals?

Looking forward to your next workout?

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