

PROGRAMS + PRICES

I'm ready to GET LEAN

Everything you need to get LEAN and stay lean for life.

- 3 Semi-Private Personal Training Sessions per Week
- The Fix Gym's LEAN FOR LIFE Nutrition Program
- All of the Support and Accountability You Need to Get Lean and Stay Lean for Life.

\$800 per month
+ one time initiation fee of \$99



TRY YOUR PROGRAM FREE

STEP ONE

1

EXPLORE
OUR
PROGRAMS



STEP TWO

2

CHOOSE
YOUR
GOAL



STEP THREE

3

TRY YOUR
PROGRAM
FOR FREE

**TRY YOUR
PROGRAM FREE**

THE FIX GYM

PROGRAMS + PRICES

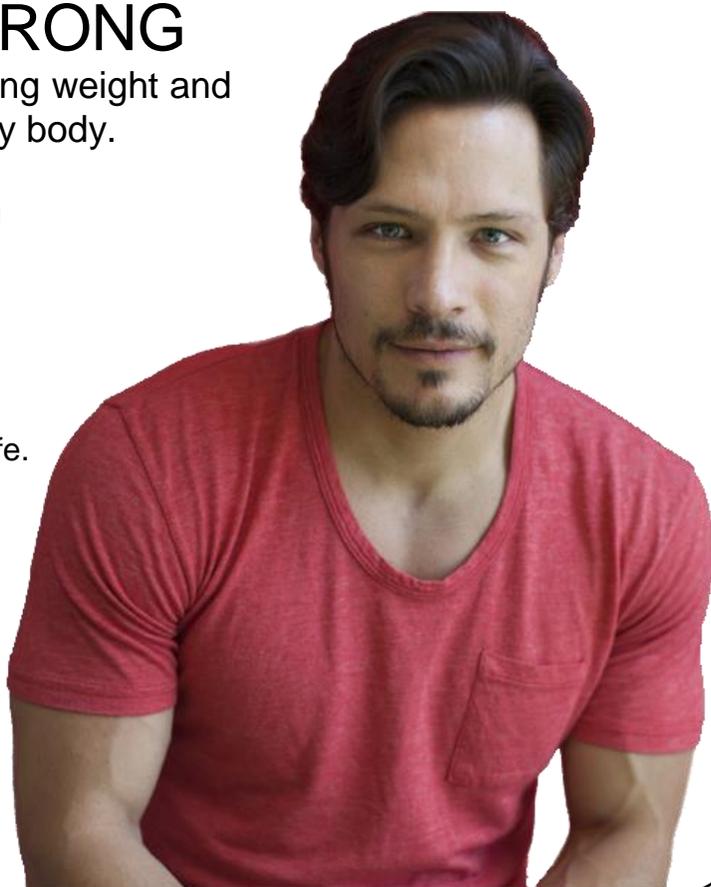
I'm ready to GET STRONG

When your priority is less about losing weight and more about building a strong healthy body.

- 3 Semi-Private Personal Training Sessions per Week
- The Fix Gym's Nutrition Program
- All of the Support and Accountability You Need to Get Lean and Stay Lean for Life.

\$800 per month
+ one time initiation fee of \$99

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THE FIX GYM

PROGRAMS + PRICES

I'm ready to GET BIG

Everything you need
to build as much muscle as possible.

- 3 Semi-Private Personal Training Sessions per Week
- The Fix Gym's Get Big, Stay Big Nutrition Program
- All of the Support and Accountability You Need to Get Lean and Stay Lean for Life.

\$800 per month
+ one time initiation fee of \$99

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10 Tips for Finding the Right Personal Trainer for You

1. Start with your goal

Good trainers have a good overall knowledge of fitness. Great trainers specialize. Find a trainer whose specialty lines up with your goal (our specialty is helping busy people get LEAN + STRONG for LIFE, btw.)

2. Finding a program that you can love is the most important part of any program.

If you don't like your fitness program you might be able to force yourself to do it for a while, but eventually you will find a way to stop doing it. If you LOVE your program, you won't have to force yourself. You'll come back to it again and again, because you love it.

3. A good trainer will know what the right approach is for you.

A great trainer will LISTEN to what you need and build the program WITH you.

4. Nutrition is 80%-90% of the battle.

If you want to change the shape of your body you're going to need some good nutrition advice at very least, but more likely you're going to need nutrition coaching to stick to your program. Make sure your trainer has a plan for holding you accountable.

5. Any trainer worth their salt should be living their own program.

It is crucial that your trainer knows firsthand what they are asking you to do and the challenges that you will need help with.

6. Getting results from any personal training program is about building a fitness HABIT.

Staying LEAN + STRONG for life requires building a fitness habit. The things that become habitual in your life are the things that you enjoy. Are you starting to see how important it is to love your program?

7. Your trainer should understand how to help you change your lifestyle, not just put you through a workout.

There is a lot more to getting LEAN + STRONG than just working out. It takes time and dedication, and most importantly it takes having a guide that knows how to help YOU.

8. Your trainer should be weighing you in and measuring your body fat once a week.

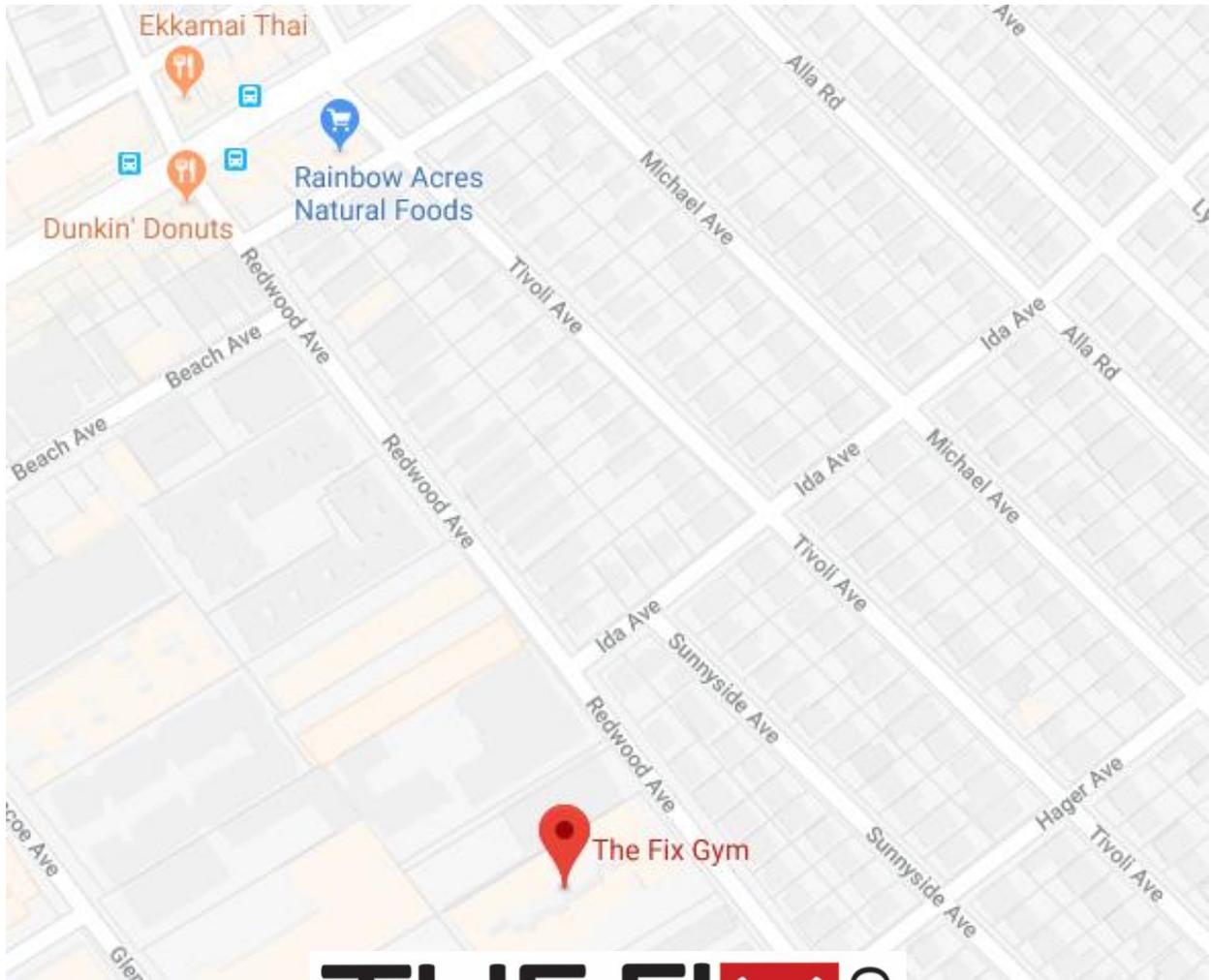
A body fat test is the only way to know if your program is working or if it needs to be adjusted. It's also a great way to tell if your personal trainer is working.

9. Certifications may not be the best way to tell if your trainer is qualified.

Anyone can get certified as a personal trainer over a weekend. Experience will be a much better indication of quality. How much experience transforming clients does your trainer have? Shoot for 5 years minimum.

10. Find a price point that you can sustain for as long as it takes.

Building a fitness habit that keeps you lean and strong for life is going to take some time. You should plan on being with your trainer for as long as it takes to get LEAN + STRONG and build a life style the sustains your new body for life.



THE FIX GYM

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Questions? Text Us: (310) 340-7817