

EXERCISE SETTINGS



PERSONAL TRAINING

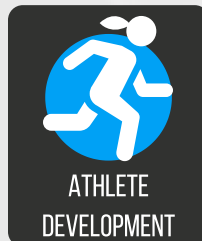
Sometimes, we need or just want a bit more feedback on what we're doing. Personal training focuses our expertise on you and you only, and you'll work with an AFS coach in a [one-on-one setting based on a customized plan](#). This is where you'll have more time to not only workout in a supervised, safe setting, but the exclusivity will bring a host of other benefits: conversations with the coach, education, and even attention to detail you won't find anywhere else in the industry.



Perfect for:



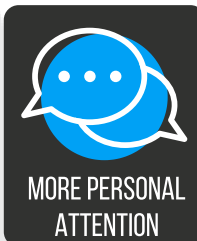
MUSCLE GROWTH



ATHLETE
DEVELOPMENT



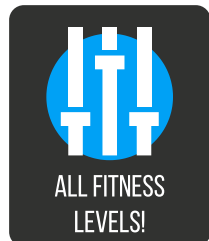
INJURY REHAB



MORE PERSONAL
ATTENTION



BUILDING
STRENGTH



ALL FITNESS
LEVELS!

How can I start if I'm interested?

If you're interested in personal training, simply message an AFS coach that you'd like to personally work with. You two can discuss your goals (so they can create a personalized plan of action) and decide, depending on your schedules, what days and times of the week work best for you to work together.