



M

FITNESS

M¹ – Fitness to the First Power

M¹ is for members seeking the first step in personal training.

M¹ Trainers will help members identify and achieve their fitness goals, including toning up, building strength and weight loss. Your Trainer will develop an individualized program that incorporates strength, endurance and coordination exercises.

“Fitness to the First Power” is designed for all fitness levels.

M¹ Personal Trainer:

Each M¹ Personal Trainer holds accredited personal training certification and has specialized training in areas including:

- Individual program design
- Core training
- Cable training
- Band training
- Medicine ball training
- Stability ball training
- Heart rate monitoring

M¹

FITNESS

A three-level approach to better health

Midtown makes it simple for you to find the right personal trainer to meet your fitness needs with M-Fitness.

Our certified personal trainers offer three distinct levels of exercise and wellness training, each specifically created to help you look and feel your best.

Find the level that works for you

Every member is different, with different fitness goals and needs. Some seek a basic program that will lead to generally better health, a stronger body and greater sense of well being, while others may have more defined fitness, athletic or health goals that require special training. Some members may have a specific condition or injury that can be improved with the assistance of an M-Fitness trainer.

You deserve training that meets your needs, and an M-Fitness Personal Trainer can design a program that makes sense for you.

M² – Fitness to the Second Power

M² provides more specialized solutions to personal fitness needs.

M² is for members seeking to achieve more defined fitness goals, enhance athletic performance or address specific physical or medical conditions.

“Fitness to the Second Power” Trainers work closely with clients to design a custom-fit program to meet your fitness needs.

M² Personal Trainer:

Each M² Personal Trainer holds a minimum of two accredited personal training certifications and/or a degree in a related field.

M² trainers have specialized training in all M¹ fields, plus:

- Prenatal/postpartum fitness
- Joint stabilization
- Obesity
- Diabetes
- Sports performance enhancement

M²

FITNESS

M³ – Fitness to the Third Power

M³ provides highly specialized solutions to meet fitness and wellness needs.

The M³ Trainer is for members who seek highly specialized sports conditioning or need help managing specific health issues.

“Fitness to the Third Power” puts members in the expert hands of professionals with refined skills, extensive training, and the knowledge to help clients overcome physical challenges.

M³ Personal Trainer:

Each M³ Personal Trainer holds a minimum of three accredited personal training certifications and/or a degree in a related field.

M³ trainers have specialized training in all M¹ and M² fields, plus:

- Muscle Activation Therapy (MAT)
 - Upper Body
 - Trunk and Spine
 - Lower Body

- Degenerative bone conditions
- Hip and knee replacement therapy
- Shoulder reconstruction therapy
- Cardiac rehabilitation

M³

FITNESS