



Calabasas Athletic Center

Weight & Shape M.A.P.™ Success!

Highlights of Lore's Success

Testimonial I am so grateful for my personal trainers, Robert & Amelia, at the Calabasas Country Club Athletic Center. They each have their own personal style of training which is designed for results in strength, toning and weight loss. The equipment at the Athletic Center is state of the art, the same equipment used to train professional athletes. Their equipment is wiped down or sprayed with sanitizer after use. Working out with my personal trainers, I was shown how to properly use the equipment so I would not injure myself and in what combination to maximize the effectiveness of my training circuits and sessions. We started out slowly with light weights and many breaks because I was really out of shape. We gradually increased the weights, the intensity of each workout, and switched up the routines. Progress was slow but steady. My trainers continued to encourage me through each session.

The first thing I noticed no matter how intense my training session was, I was not in any pain afterwards. I could finally see my body responding. I could make it through each workout with less breaks to catch my breath even though the workouts had added heavier weights and more difficult exercises. I was getting stronger. My body was toning from my face, waistline, and stomach down to my legs. I was sleeping better and could focus more intensely.

The training I receive at Calabasas Country Club Athletic Center is worth every penny, it is quality, comfortable and private. I absolutely love it! - Lore' Fitzgerald – Writer and Fashion Stylist