Home Page Mobile/ Tablet Portrait 340px - 765px

Version 1

Whole Person Fitness Gym

Get Support
From a Personal Trainer
Don't work towards your fitness goals alone. Make an appointment today and receive a free consultation.

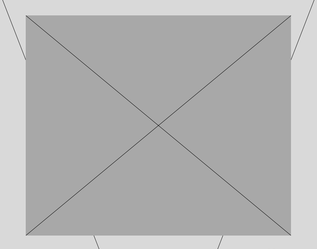
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Stay Healhty and Fit
OUR SERVICES

HEALTH & FITNESS
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KIDS BOOTCAMP
Learn More

NEURO-LINGUISTICS & LIFE COACHING
Learn More

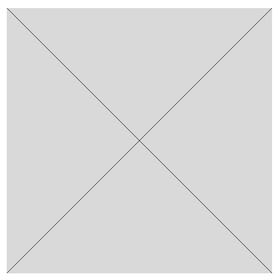


Our Passion
ABOUT US

Whole Person Fitness Gym is a private by appointment only gym for all ages and fitness levels. Our focus is on your overall well-being and helping you achieve optimal health and esthetics. At Whole Person Fitness, we look at exercise, eating, wellness and food not just as calories and weight loss, but also emotional, mental physical and spiritual terms. With personalized focus, we strive to be a no diet gym, placing focus on you and designing workout routines and nutritional strategies that fit your lifestyle to assist you with working towards your fitness goal and improving your mental health.

Our Facility

My Vision
MEET LILY



Your overall well-being is my concern. As a certified personal trainer and life coach (Neuro-Linguistics Practitioner), I strive to achieve results on your terms and the comfortability of one on one consultations and training sessions. I am dedicated to making your fitness goals become your lifetime goals and helping you maintain a healthy way of living from both a physical aspect as well as mental.

Book an Appointment

Read Testimonials
WHAT CLIENTS SAY

The best experience I have had with a personal trainer Lily makes me look forward to work outs. Not only is she knowledgeable and good at what she does but she cares about you and she's fun! Her gym is perfect for me because there are no distractions, it's just her and I. I am already seeing results in just 2 weeks. Love her!

Olivia D

○ ○ ◉



Keep background images

Keep larger padding around images and content

Version 2

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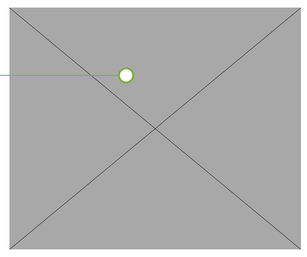
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Reduce left and right padding to 15px
Expand/inlarge images



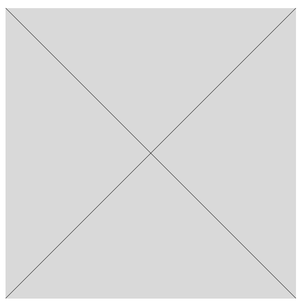
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Version 3

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Remove 100% opacity image of Gym

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Remove image of Lily/trainer

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Version 4

Whole Person Fitness Gym

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Make an Appointment



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Our Facility

Our Services button links

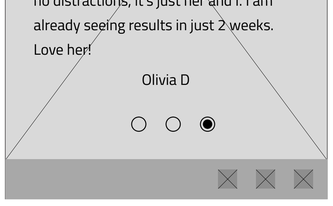
Stay Healthy and Fit
OUR SERVICES

Healthy and Fitness

Kids Bootcamp

Neuro-Lenguistics and Life Coaching

My Vision
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Sub-Pages (Services) Mobile/ Tablet Portrait

Version 1

Whole Person Fitness Gym

Stay Healthy and Fit

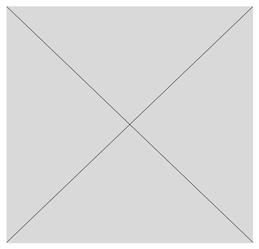
OUR SERVICES

Health and Fitness Services

Personal Training Services

Nutritional Coaching

Kids Bootcamp



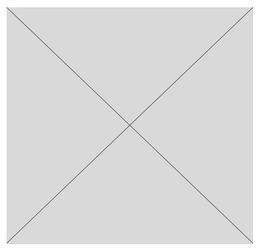
Keep them Active and Strong

The Whole Person Fitness Gym Kids Bootcamp is designed to help children ages 10-14 enjoy and benefit from physical activity while teaching about healthy nutrition and lifestyle habits. This program consists of high energy training incorporated with strength and basic cardio training. All fitness levels are encouraged to participate as each individual's routine will be personalized. This fun and energetic program which costs $200.00 teaches kids about healthy nutrition and lifestyle habits and is carried out over a 10-week span. As per tradition of our Bootcamp a complimentary dinner outing will take place allowing the children to use their new-found nutritional knowledge to order healthy options in real world scenarios. View the schedule below to book your child's session.

Tuesday	November 6	6:30-7:30
Tuesday	November 13	6:30-7:30
Tuesday	January 22	6:30-7:30
Tuesday	January 29	6:30-7:30

Sign up Today

Neuro-Linguistics & Life Coaching



Achieve Peace of Mind

The relationship between the mind and body is complex. Neuro-Linguistic Programming (NLP) provides a model of change and a variety of tools that can help clients in this "inner game" of fitness. In addition to their applications to problem solving, NLP processes and principles can greatly enhance a person's fitness in a number of ways.

It's About Wisdom and Vision

When setting goals to improve lifestyle and build better habits it's important to do this with the right frame of mind. A very important/key concept to this is making sure to think of it as building not losing and benefitting but not depriving yourself. This coupled with reasonable goal setting and positive reinforcement can get you in the right mind set and ensure you can reach those envisioned goals.

Sign up Today

Keep larger padding around images and content

Reduce left and right padding to 15px
Expand/inlarge images

Version 2

Whole Person Fitness Gym

Stay Healthy and Fit

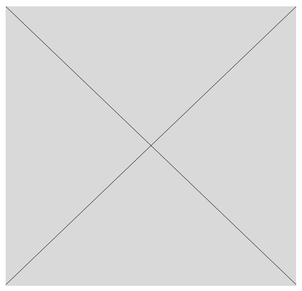
OUR SERVICES

Health and Fitness Services

Personal Training Services

Nutritional Coaching

Kids Bootcamp



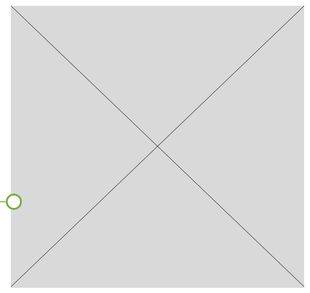
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Version 3

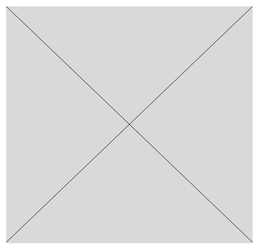
Whole Person Fitness Gym

Stay Healthy and Fit

OUR SERVICES

Health and Fitness Services

Remove accordions and list services



Personal Training

Need a push? We're at your side. Our personal trainers can enable you to meet your wellness objectives. They can turn into your instructor, your helper, your mentor, and your companion. Working with all ages and fitness levels, our trainers and Whole Person Fitness Gym personalize routines to focus on the core basics and assist you with what fits within your goals. Our services include:

- Strength Training
- Stretching/Flexibility
- Balance Exercising
- Aerobic Exercising
- Bootcamp Style Training
- Marathon Prep
- Training for Back Pain (Spinal Stenosis)
- ROTC Basic Training
- Post Injury and Surgery Rehabilitation

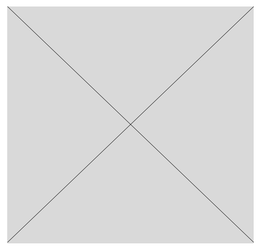
Sign up Today

Nutritional Coaching

At Whole Person Fitness we believe in eating real food and incorporating every type of food into your nutritional choices to encourage cleaner eating approaches. We do not believe in diets, but in changing habits with nutritional guidance one step at a time. By incorporating small changes into your daily choices and providing education on what is healthy eating, we believe in big results. Whether it is weight loss or improving athletic performance Whole Person Fitness teaches you principles that will allow you to make lifelong behavior changes.

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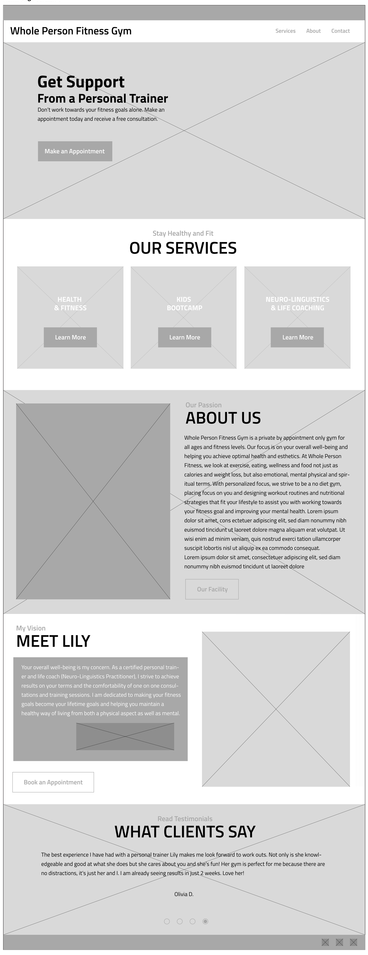
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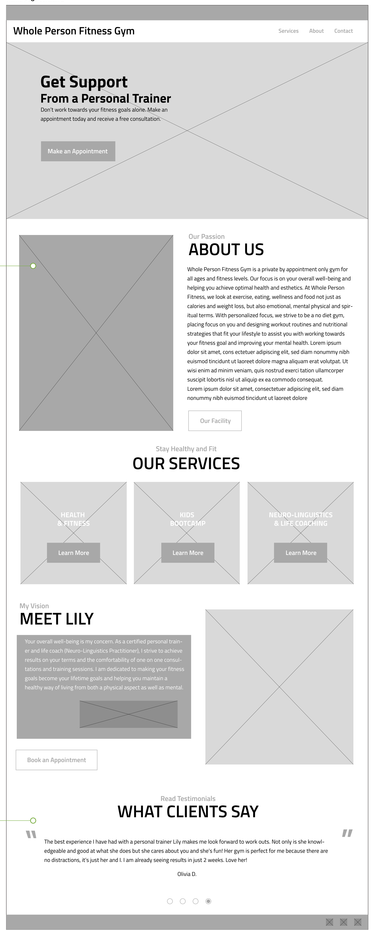
Sign up Today

Desktop/ Tablet Landscape 765px - 1024px (or higher)

Home Page Version 1



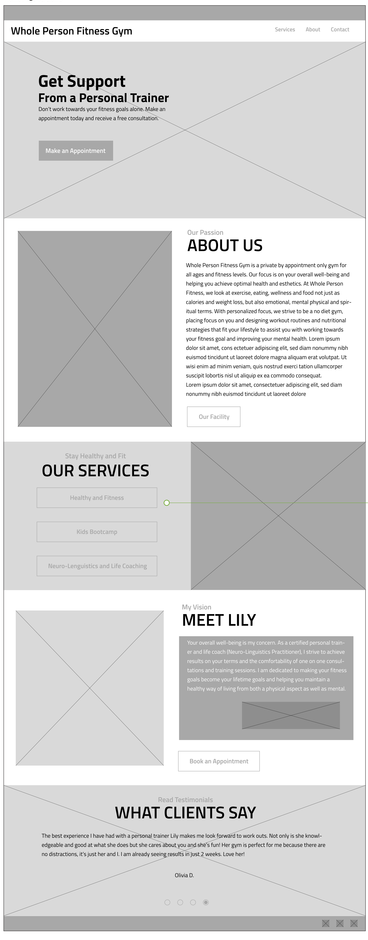
Home Page Version 2



Relocate to top and remove background image.

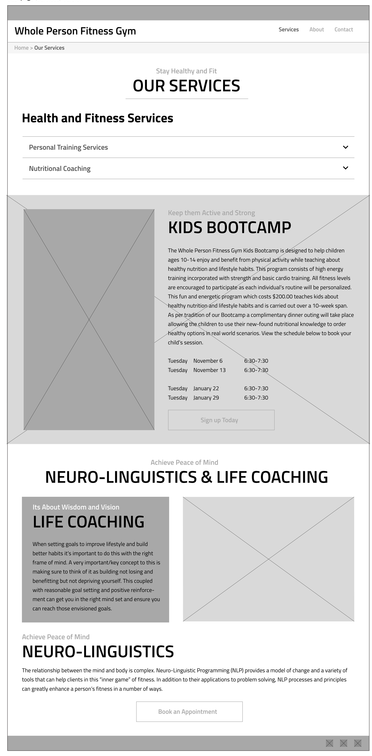
Remove background image.

Home Page Version 3

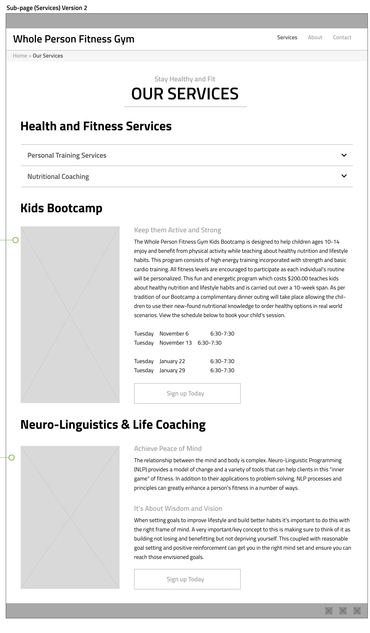


Services button links w/no images

Sub-page (Services) Version 1



Sub-page (Services) Version 2



Remove background image.

Remove background color and align content.