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Welcome to Forward Fitness Club. Our mission is to help our clients meet their fitness and nutrition goals.

If you have struggled with getting healthy and need the motivation and resources to make a healthy lifestyle change, contact us today. Our facility includes state-of-the-art equipment, convenient group training classes, and nutrition tips and information to keep you healthy.

We provide a FREE, one-week membership to experience the benefits of our equipment and facility. This one-week trial gives you complete access to our equipment, training classes, and nutrition planning. Contact us today to start your free trial!

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forwardfitness@club.net

Contact:

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Ready to get started? Contact us today.

We are located at:

4465 South Hamilton Road

Groveport, OH 43125

Phone Number

(614) 836-5725 (614) 555-9608

Email Address

forwardfitness@club.net

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About:

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Weights

Weight Equipment

Our facility includes a weight training area with several weight options. Build lean muscle with weights and improve your core with weight training.

Dumbbells

Kettle bells

Barbells

Cardio

Cardio Equipment

Burn fat through cardio workouts. If you need to lose 20 lbs or more, include at least 30 minutes of cardio each day. We have several equipment choices for your workout.

Treadmills

Elliptical Machines

Exercise Bikes

Personal Training

Personal Training

Our certified personal trainers work with you one on one to help you obtain your fitness goals. Our personal trainers keep you motivated and push you farther than you would push yourself. When you feel like you cannot do one more rep, they tell you that you can. Personal training has many benefits.

Accountability

Personalized Program

Consistent Support and Motivation

Common Exercises

The following are common exercises that we encourage our clients to do as part of their daily exercise routine.

Burpee

Burpees are a great, full body exercise to increase your strength and endurance. Begin in a standing position, drop into a squat and extend your hands forward, kick your feet back and then forward again quickly, and then jump up from a squatted position.

Plank

Planks build your core strength. To perform a plank, get in a push up position and rest your forearms on the floor. Hold the position as long as you can.

Mountain Climber

Mountain climbers are a good cardio exercise. Place your hands on the floor in a push up position, then bring one knee up to your chest and then switch as quickly as you can (as though you are climbing a mountain).

For more information about how to stay active, visit fitness.gov.

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