Intro Page:

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!

About

Paragraph:

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

List Items: Dumbells, Kettle bells, Barbells

Paragraph:

Burn fat through cardio workouts. Experts recommend 150 minutes of cardio each week. We have several equipment choices for your workout.

List Items: Treadmills, Elliptical Machines, Exercise Bikes

Paragraph:

Our certified personal trainers work with you to help you obtain your fitness goals and track your progress. Personal training has many benefits.

List Items: Accountability, Personalized Program, Consistent Support and Motivation

Paragraph

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

List Items:

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, 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 the “U.S. Department of Health and Human Services”

<https://www.hhs.gov/fitness/be-active/index.html>

Contact Page:  
  
Ready to get started? Contact us today.

Call us: (814) 555-9608

Email us:forwardfitness@club.net

Visit us at: 1275 Channel Center Street, Boston, MA 02210