

FLASH IN

A NEW CONCEPT IN PRIVATE TRAINING STUDIOS

YOUR EMAIL

FREE CONSULTATION

OUR STORY....

Our founder Mark Steinfeld is a true veteran in the fitness industry. He is one of the original Gold's Gym owners from the mid 80's who is still active today. Mark has seen the evolution of fitness over the past 35 years. His Gold's gyms are nationally known as some of the finest facilities in the organization.

After the pandemic, Mark realized the new fitness consumer was looking to avoid the large gym population and seemed more attracted to the boutique studio experience.

"Phorm is a new concept for private training studios. We have all the modern equipment that you would normally find in a large gym, but we've designed everything to fit perfectly in a smaller, more intimate space. Our trainers have everything they need to design the perfect workout for our members no matter what their goals are."

In True Phorm,
-Mark Steinfeld, Founder



WHY PHORM IS THE PERFECT PHIT FOR YOU

PRIVATE TRAINING

For those who prefer a more intimate experience of private training, PHORM trainers are certified through the National Academy of Sports Medicine. They have acquired years of experience working in the fitness industry and are dedicated to the fitness lifestyle. Our trainers can work one on one to help anyone who desires that extra attention no matter what your fitness level is.

SHOW MORE OF THE SHOT

EXCLUSIVE TRAINING IN SMALL GROUPS

PHORMULA 4

(MAXIMUM 4 PEOPLE)

Small group training is a unique, new concept that has been gaining popularity. Here at Phorm, we limit our group size to a maximum of 4 people. We call our program "Phormula 4." You will still get the same private experience with a certified trainer, but you also get added motivation by working out with other members. Our trainers push our groups to set new goals to help you achieve the body you want. A little friendly competition never hurts!

Watch later

Share

MEET OUR TRAINERS

COACH T'AI

"WE ALL WANT TO BE GOOD. WE ALWAYS AIM FOR BETTER, NOT PERFECT. THERE IS NO BEST WITHOUT THE EFFORT."

COACH AMANDA

"FITNESS IS NOT JUST PHYSICAL. IT'S A MENTAL GAME OF STRATEGY AND POSITIVE, LONG-TERM MINDSET. CLIENTS TO DO WHAT THEY THINK THEY CAN'T, OVERCOMING A BIG OUP OF YOUR PRIVATE ZONE CAN LEAD TO A CONDITIONED AND HEALTHY BODY."

COACH MONICA

"MY PRIMARY FOCUS HAS ALWAYS BEEN CORRECTIVE EXERCISE. IT IS IMPORTANT TO ME THAT EVERYONE HAS AN INDIVIDUALIZED PROGRAM TO SAFELY MEET AND EXCEED THEIR GOALS."

COACH PETER

"CORRECT MECHANICS AND FORM IS WHAT BUILDS GREAT BODIES. PROPERLY LEARNING THE CORRECT MECHANICS OF LIFTING IN ORDER TO PROGRESS IN WEIGHT EACH WEEK."

READY FOR THE NEXT STEP?

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FREE CONSULTATION

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15 MORRIS AVENUE, UNIT 109
LONG BRANCH, NEW JERSEY
PHONE 732.204.7330
INFO@PHORMPHIT.COM

PLEASE WORK THIS IN SOMEHOW

CALL TO ACTION = "BOOK YOUR TRIAL SESSION NOW"
FREE MEMBERSHIP TO GOLDS GYM
FREE PARKING ALL YEAR ROUND IN PIER VILLAGE GARAGE
CUSTOM PHORM APP
NUTRITION ASSESSMENT

Limited One-Time Offer

- Free

Parking in Pier Village Garage
- Free

Nutrition Counseling
- Free

GOLD'S GYM Membership
- Free

1-Hour Assessment with Elite Trainer