

verve Premier Personal Training



@work



@home



@verve

We're trained to get results. You will be, too.

Experience the elite team of trainers that Washington area athletes, celebrities and executives turn to to achieve their personal best. Following an initial assessment with a lead trainer, we'll develop a customized program utilizing the talents of our team to help you be your best on the field or on the job. Whether you're training for a new challenge, recovering from an injury, or taking your personal fitness to a new level, *we're here to help.*

The Verve Multi-Trainer Approach to Ultimate Fitness

Verve has developed a systematic approach to ultimate fitness with team-based personal training. A variety of highly skilled trainers will work with you to develop your strength, flexibility, agility, and aerobic endurance. With a focus on technique and achieving a balanced body, we work with your skills, not just your schedule, to ensure that your personal training experience is customized to your goals and your needs.

Training to Meet Your Needs

- Strength & Flexibility
- Athletic Performance
- Sports Conditioning
- Marathon Preparation
- Tennis Technique
- TPI Golf Instruction
- Weight Loss
- Wedding Workouts
- Prenatal
- Pre & Post Surgery
- Post Rehab
- Couples & Small Groups

About Our Trainers

Verve's impressive and highly qualified personal trainers work exclusively with Verve clients to deliver the focus and dedication required to help you achieve your health and fitness goals.

Our Trainers Are Featured In

WASHINGTON THE
MAGAZINE

The Washington Post
MAGAZINE

SHAPE

CAPITOL FILE
MAGAZINE

WebMD

WASHINGTONIAN



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