

## **Jim Reed**

### Description:

Personal trainers in Chicago. Mike George Fitness System is a complete, one on one personal training program designed to assist in weight loss and athletic performance. Hiring a personal trainer provides the best opportunities to improve ones health, appearance and self-esteem through a safe and effective regimen. Make sure that your personal trainer is certified, experienced and dependable.

Our private facility and one-on-one personal training programs are tailored to improve your strength, tone, flexibility and endurance with our formula that focuses on regularly changing exercise routines based on the application of American College of Sports medicine principles. making you sore is not our goal, making you consistent and dedicated is. If you learn to enjoy exercise then better health is a maintainable lifestyle.

Our certified, caring personal trainers partner with you to design your personal road map to success. With scientific programs that rotate every 8-12 weeks, you won't get mentally or physically bored. We offer private personal training, pilates, kickboxing, flexibility training, massage, dietitians and motivational psychology.

If you want a personal trainer in Chicago that cares about you and your goals while maintaining a professional demeanor in an exclusive, private space then look no further. Since 1995 Mike George Fitness System's personal trainers have helped people who want speci

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