



## Now Everyone Can Afford to Train like Top Celebrities Do

Celebrity Fitness Coach Launches Affordable Classes In NY and NJ

New York, NY: In today's economy people are making some tough decisions about what's a fundamental and what's a luxury. All too often, the personal trainer or gym membership is deemed a "nice to have, but not a necessity." With today's stress levels skyrocketing and the adverse effects to one's health, you can't afford not to invest in fitness. Working with a highly qualified trainer has been proven to enhance your results significantly and show results more quickly. There is no time to waste to get yourself healthy. Now, with the celebrity trainers of Professional Personal Training Systems' (PPTS) new Boot Camp Style workout classes, you can get yourself healthy and sexy without breaking the bank.

George Guerin, founder of PPTS, a celebrity trainer with a background in academics and athletics, has worked one on one with actors, television personalities, models and socialites for over 10 years. With quickly visible results seen on celebs like Victoria Secret Model Elena Baguci and Socialite Aerin Lauder, you know why his devoted clients keep coming back for more. Long time client Lauder (of Estee Lauder cosmetics) says that, "George and his results-based approach make it easy to stay motivated and work out regularly because I see improvements quickly and consistently. With George's help, I have an amazing energy level after a workout and feel fantastic. I wouldn't train with anyone else."

With PPTS's new classes, the team is bringing their one on one techniques to a group setting so more people can benefit from their results. Guerin says that it's important health and fitness not take a back seat because of the economy. "Today, as always, people need to stay healthy; they should feel good about themselves. I created these classes so that we can help more people reach their goals and feel great about themselves".

During classes held in Manhattan's Central Park and in New Jersey, Guerin will personally guide you through progressive, innovative and creative exercises, including plyometrics, while you improve form, strength, power, endurance and speed. Plus, since Guerin provides a one-on-one training experience within a group setting you'll get and stay motivated, workout safer and longer and feel ready to stretch your personal bests.

The NYC classes conducted in beautiful Central Park, focuses on running and is designed to help you go farther and faster without injury through fun yet effective fitness movements using box drills, partner resistance, minibands and strength training. In New Jersey the Boot Camp focuses on getting into shape and maintaining it. While overlooking the gorgeous Manhattan skyline, you'll burn calories and improve your energy systems by learning innovative exercises, with hands on help by Guerin, and by using various fitness equipment including rubber tubing and rope. There are five sessions to each class and they are held rain or shine.

If you're not getting the fitness results you want by working out in the gym, or if you're looking for an exceptional exercise experience that's affordable, Guerin's classes provide top-quality training with a one-to-one feel.

To sign up for the Central Park Fitness Class and the New Jersey Fitness Class and to learn more about PPTS log on to [pptswellness.com](http://pptswellness.com).

George Guerin, President and founder of PPTS, obtained his degree in Exercise Physiology from West Virginia University School of Medicine and studied with some of the world's top fitness trainers. An educator of other trainers and author of fitness articles and user manuals for exercise equipment, Guerin is a regular contributor to the NYC-based Web site [womanaroundtown.com](http://womanaroundtown.com). He has been recognized as a Global Top Trainer by Gran Crea magazine and pioneered/coaches a soccer program for high school students in Weehawken, NJ that helps kids find an alternative to the streets. Guerin established his dedicated client-base by training royalty, celebrities, socialites and corporate titans from around the world.