

Your Personal Expert

Have you ever wondered if your exercise program is the most effective, or why you are not getting the expected results?



Infinity Personal Training and Fitness will assign a trainer qualified to work with your special need, whether that's working around arthritis or an injury, or aiming for more muscle and less fat. The trainers hold masters degrees and/or bachelor degrees in exercise science or related fields, credible certifications, and will make your exercise session a combination of fitness and fun.

Nutrition

"I have been fortunate enough to research many fad diets, including diets that will help you lose weight, gain weight, increase energy, pills and powders, and more. The bottom line is everyone needs a long-term sustainable solution to their eating habits that incorporates strategies that meet their individual needs and preferences with a food first approach. That is why I have selected Fueling Tactics® as the approach to the dieting mystification."

*Michael Barnes, MEd, CSCS*D, NSCA-CPT*D,
Certified Sports Nutritionist from the ISSN
Infinity Personal Training & Fitness—Owner*

The Fueling Tactics System

If you are someone who is combining both diet and exercise Fueling Tactics® is an approach that will maximize your gains and facilitate rapid results with a food first approach. The Fueling Tactics system represents 25 years of trial and experience in working with athletes and active populations. Sit down with your trainer at Infinity to learn more about Fueling Tactics and its application.

Vision

Inspire, inform and educate individuals to actively pursue their potential.

Values

We realize our business wouldn't exist without you—our clients. So we strive to make customer service our number one priority. In order to achieve this, we keep the following core values at the forefront of our business.

Respect

*We understand not everyone wants to run a marathon or play professional football. We respect **your** goals and will do whatever it takes to see that you reach them.*

Responsibility

Because Infinity is providing a premium service, it is our responsibility to ensure professionalism at all times. This means being on-time, courteous and remembering that you—our client—are the essential element in our business.

Honesty

Being honest with our clients is the foundation of each relationship. If your goals are realistic and attainable, we will organize a program to accomplish your mission.

Compassion

We are all at different places in our lives: whether it's age, nutritional habits, genetics or personal goals. So whether you want to score the winning touchdown, do yoga from a wheelchair, or lose 100 pounds—we'll help create a personalized fitness plan for you.

Fairness

We understand fairness is not an attitude but a value, developed and exercised on a consistent basis. Rest assured you will be treated fairly in our relationship.



As the premier personal training organization, we are passionately committed to providing a world-class experience to individuals striving to reach their fitness goals.

Infinity Personal Training & Fitness

3270 Centennial Blvd, Colorado Springs, CO 80907
mbarnes@infinityptf.com • 719.630.7440
www.infinityptf.com

TRAINING FOR THE SPORT OF LIFE



Owner and Head Trainer

Michael Barnes brings 20 years of experience to the ownership and management staff of Infinity. He holds three of the most respected professional certifications in the industry, as well as a master's degree in exercise science.

His previous experience includes working in Division I athletics,

the NFL, professional fitness education and now he is focused on the practice of personal training.

Barnes has presented to coaches, athletes and fitness enthusiasts of such organizations as USA Triathlon, USA Rugby, the World Class Athlete Program of the US Army, the NCAA, US Ski and Snowboard Association, USA Judo, the US Association of Deaf and Blind Athletes and many more. He has traveled the world visiting such countries as Japan, Australia, Puerto Rico, Bermuda, Greece and Denmark educating, training, and interacting with leaders in the fitness industry.

The Facility

You will immediately notice that Infinity is not a conventional commercial gym. It is smaller, cleaner, and more customer focused than you will see elsewhere in the business. The equipment has been selected specifically to reflect the image we want to convey—and that is exceptional. Everything from the lighting, to the sound system, to the flooring, to the colors, to your program has been carefully designed to complement each other to achieve a synergistic effect.

Services

Infinity trainers use a multidisciplinary approach to designing exercise programs. Their innovation allows them to create success for a variety of different needs and populations. Working with one of our trainers can assist you to address conditions such as:

- Pre- and post-rehabilitation for orthopedic conditions
- Sport performance and conditioning
- General health and fitness
- Weight loss
- Older adults
- Youth physical fitness
- Pre- and post-natal fitness
- Reconditioning and working around an injury
- Osteopenia and osteoporosis prevention
- Cardiovascular and respiratory conditions
- Physical disabilities
- Core and torso stabilization programs
- Speed, agility and plyometrics for athletics

Classes

Circuit training offers a nice option to a typical strength training session. They can be designed to emphasize different aspects of fitness such as metabolic conditioning, lactate tolerance, strength, core stabilization, fat metabolism, total body strengthening and more. There are several classes that will be offered on a seasonal basis specifically designed to complement running, biking, skiing, golfing and climbing.

Run Strong

This class will focus on improving the muscle groups that are responsible for linear running speed; glutes, quads, erectors, hamstrings, and torso. If you want to peak your performance or try running for the first time and prevent potential injuries, this class is a great option.



Bike Strong

This class will complement your cycling by addressing the metabolics and muscle groups that are required to develop a more efficient engine. This program will involve movements that focus on the extension of the knee and hip muscles, stabilization of the lower back and torso, and health of the neck.

Ski Strong

The Ski Strong program is a class that is targeted to enhance the specific musculature that is challenged on the mountain. This ultimately leads to a more enjoyable day and gives you the confidence throughout the season that you are prepared to head up to the mountains at a moments notice.

Golf Strong

This program addresses cardio vascular stamina, strength/stabilization and balance. If you enjoy getting out on the course on a consistent basis you may want to consider joining the Golf Strong program.

Climb Strong

All climbers need some fundamental fitness like dynamic and isometric strength of both the lower and upper body, back and hand strength to hold and grip with confidence and leg and hip strength to push their body higher. The Climb Strong program combines all of these aspects in a concentrated session that will enhance the sport of climbing and your overall enjoyment of this challenging activity.