



## **FNS Training Center**

2342 Walsh Avenue Santa Clara, CA 95051 | T: 408.235.7624 | email: info@fns360.com

# ***Fitness Never Sleeps***

## **About Us**

At the Fitness Never Sleeps (FNS) Training Center we provide a holistic approach to fitness and wellness in a supportive environment that fosters positive energy and a friendly spirit. We empower our athletes to reach a heightened state of physical and mental balance.

We want to assist you in unleashing your inner athlete by providing unlimited access to group training, 1-on-1 personal training, nutritional coaching, top of the line equipment and focused and dedicated coaches. Through our designed road map to optimal health, our FNS athletes will be encouraged and challenged to reach new levels of total fitness in Mind and Body.

Fitness Never Sleeps is a way of life that extends beyond our walls. It is about being fit at all levels; physically, mentally and nutritionally. Fitness built on the concept of balance and consistency.

## **Core Values:**

Our core values are our 7 G's

1. **Give** your all
2. Show **Gratitude**
3. Be **Genuine**
4. Set **Goals**
5. Support our **Group**
6. Continuously **Grow**
7. Be **Game-Changers**

## **Community**

Our strength lies in our community. Our community is more than a team, a group, or network of members; rather it is a close knit TRIBE who share a common culture of supporting one another and striving to get better every day. Whether it is during our TRIBAL training classes, our buddy and small group training, or special events, our athletes create an environment in which everyone is supported and pushed beyond their preconceived limits. Our tribe is a culture and community that will go to great lengths to protect and care for each athlete. When one athlete is out or goes down, the next one is there lending a hand to get them back in the game.



## **Charity/Fundraising**

FNS Core value #1: Giving

At the FNS training center we pride ourselves on extending support beyond our members to the surrounding community. To encourage these efforts we will host monthly charitable events to support a local organization as one of the many exciting opportunities for our athletes to participate in.

Our strength lies in your support.

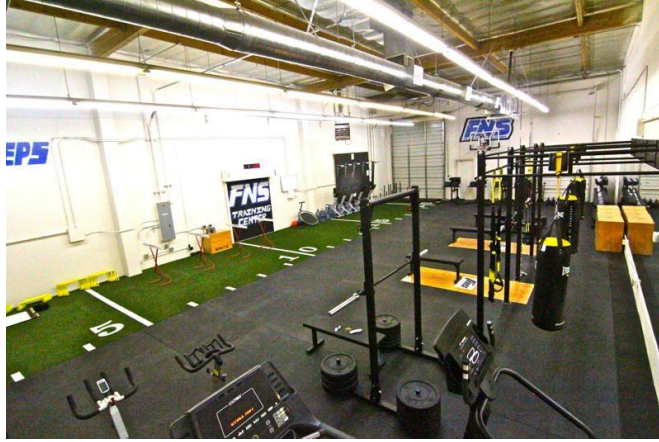


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### Facility

The FNS Training Center was designed to outwardly express the FNS philosophy, a place that incorporates a 360° approach to fitness with one mission, to take care of the whole athlete and achieve balance. We offer everything an athlete needs: A 3000 sq ft. main training arena with top notch functional training equipment, a 1500 sq ft. regeneration room, chiropractic services, first class locker rooms with showers and bath toiletries, and most importantly, a staff of Top-Flight Fitness professionals that put personalized service above all else. At the FNS Training Center athletes are set up to reach new heights of fitness; mentally and physically.



### Team

The FNS Training Center is staffed by Fitness Professionals from all different backgrounds with a couple of very important commonalities, a PASSION for what they do and a High level of integrity. Whether you work with us on a 1-on-1 level or in one of our group programs, your service and experience is our TOP priority.



### Training Methodology

FNS has developed the TRIBAL Training Systems (TTS). A platform designed to get optimal results from all types of individuals by training the body to be ready to take on any challenge. Designed to be truly functional, each program focuses on training the individual from a 360° approach, working all three planes of motion and at varying intensity with every workout. Another unique aspect of TTS is competition within each workout which enables everyone to go harder, longer and deeper. The TTS programs are progressive and scalable allowing people of all fitness levels to participate.

## Training Programs



**TRIBAL Fit** is a High Intensity training program designed to condition a person's strength, endurance, speed, agility, visual acuity, reaction, and dynamic movement. By adding in the aspect of teamwork and competition, the TRIBAL Fit Program is able to push people beyond their preconceived limitations. TRIBAL Fit's circuit-style training covers strength, conditioning and cardio in an efficient and effective 60 minute session.

**TRIBAL Flow** slows down the pace and trains balance, stability, flexibility, form, core strength, deceleration and proper alignment. TRIBAL Flow is focused on training the internal athlete and making the mind-body connection. This program borrows from disciplines like yoga and Pilates and adds athletic movement training the individual how to control their movement within each 60 minute session.



**Trigger Point Therapy** offers our members the opportunity to regenerate and rejuvenate their bodies. This Deep Myofascial release program is akin to receiving a deep tissue massage. Trigger Point Therapy uses a trigger point tool kit to allow individuals to manually manipulate their musculature in order to break down adhesions and loosen tight muscle groups. This process increase blood circulation which speeds recovery and breaks down scar tissue increasing range of motion. Trigger point sessions are integrated into both our Fit and Flow classes.





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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>6am</b>	TRIBAL Fit		TRIBAL Fit		TRIBAL Fit		
<b>7am</b>	TRIBAL Fit	TRIBAL Fit	TRIBAL Fit	TRIBAL Fit	TRIBAL Fit		
<b>7:15am</b>		TRIBAL Flow		TRIBAL Flow			
<b>8am</b>						TRIBAL Fit	
<b>9:15am</b>						TRIBAL Flow	
<b>10:00am</b>						TRIBAL Fit	
<b>12pm</b>	TRIBAL Fit	TRIBAL Fit	TRIBAL Fit	TRIBAL Fit	TRIBAL Fit		
<b>12:30pm</b>					TRIBAL Flow		
<b>5:30pm</b>	TRIBAL Fit	TRIBAL Fit	TRIBAL Fit	TRIBAL Fit	TRIBAL Fit		
<b>6pm</b>		TRIBAL Flow	TRIBAL Flow	TRIBAL Flow			
<b>6:30pm</b>	TRIBAL Fit	TRIBAL Fit	TRIBAL Fit	TRIBAL Fit			