

PFP

JANUARY-FEBRUARY 2015
WWW.FIT-PRO.COM

HELPING YOU PROSPER AS A FITNESS PROFESSIONAL

CAREER-CHANGING **CONTINUING** EDUCATION



THE TREND IN

continuing education:
general or specialized?

THE FIRST 60 DAYS

Fitness Business 101:
A PFP 2015 7-part
special series

JOURNEY TO SUCCESS

Brent Gallagher: A man
worth telling a story about



SPIDERBANDS

Centered on suspension and aerial concepts, this unique hybrid fitness modality is a total body cardio resistance workout that leverages gravity and your bodyweight with other intense exercise modules such as rebounding, kickboxing and indoor cycling. The choreography, music tempo and other factors vary class to class. Using the concept of leveraging body weight while defying gravity as its foundation, Spiderbands offers support that enables you to perform more intense and challenging fitness moves that cannot be done without bands.

www.francicohen.com