

Fitness Gym Exercise Classes Albuquerque – Upward Motion Personal Training 2012 Exercise Class and Weight Loss Programs

Upward Motion Personal Training rolls out 2012 complete lineup of exercise classes, weight loss programs, and personal trainer services



Albuquerque, NM (Pitch Engine) January 21, 2012 [Upward Motion Personal Training](#) is a full service fitness gym offering a complete line-up of fitness programs in Albuquerque. The fitness programs and services this fitness gym in Albuquerque offers are as follows:

- Partner/small group training
- Personal training
- Bootcamp
- Nutrition
- Corrective exercise and massage
- Group training classes
- Ideal protein weight loss program
- Weight loss
- Corporate wellness

Upward Motion Personal Training meets with clients, determines what their fitness and weight loss goals are, and then designs a weight loss exercise program that meets that client's needs, interests, goals, and personal circumstances.

About Upward Motion Personal Training

Upward Motion Personal Training is a personal trainer studio offering customized personal training workout programs, small group training classes, Women's Butt and Gut Classes, Piloxing classes, an [on-line store](#), [Corporate Wellness Programs](#), and Upward Motion Personal Training's Y.E.S. To Success Program. The company's workout studio is located at 336 Adams St SE, Albuquerque, NM 87108

CONTACT:

Upward Motion Personal Training

Founder and Director: Luis Alvidrez

336 Adams St SE

Albuquerque, NM 87108

505-268-1231

<http://www.upwardmotionpt.com>