



The Business of Personal Training In Health Clubs: How to Start, Grow, & Maintain A Successful Personal Training Program

Tim N. Tierney

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The Business of Personal Training in Health Clubs is a complete up-to-date business and action plan that any manager or owner can use as a step-by step model to start, grow, and maintain a successful and profitable personal training program. This proven method has been tested and refined in hundreds of health clubs and gyms around the United States over the past two decades. The result has been this book. Inside, you'll learn critical essentials to starting and rapidly growing a personal training business. Tap into over 20 years of personal training and health club industry expertise as you embark on the most game-changing journey your personal training business will ever encounter.

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