
Personal training is yours at Fitness Together

Having a personal trainer is no longer reserved for the rich and famous like Madonna, Oprah and Cruise.

You can get personalized workout sessions at **Fitness Together**.

Located at 3585 Route 9 North in Freehold, the facility offers workout sessions for everyone from children to senior citizens.

“We provide private, one-on-one workout sessions with a certified trainer,” said Wayne Matus, managing owner of the franchise. His wife, Cathy, is co-owner. The philosophy at Fitness Together is “1 client — 1 Trainer — 1 Goal.”

Cathy Matus said the program also focuses on personal attention and overall health.

“We are constantly evaluating your progress,” she said.

Unlike exercise gyms, Fitness Together offers clients individual suites in which to work out.

That’s a big plus for individuals who want to exercise but don’t want to go to a gym where they have to exercise in a large room surrounded by several strangers.

“Fitness Together is absolutely ideal for people who are afraid to go to a gym. We give you private, personalized training,” said Wayne Matus.

While Fitness Together is new to the area (six months) — the concept is not.

With 346 locations in the U.S. alone, Fitness Together is the largest personal training franchise in the world, said Wayne Matus.

“The franchise is expanding quickly in New Jersey,” said Wayne Matus. Other sites include Manasquan, Belmar and Toms River.

Physical fitness and health education has been a way of life for Wayne Matus.

He has both a bachelor’s and master’s degree in Physical Education. He has also been nationally certified through American Council on Exercise (ACE) as a personal trainer for more than 11 years.

Fitness Together can help clients who are looking to commit to their first exercise program or those who want an elite level of fitness.

When you’re lean, toned and fit, said Wayne Matus, your focus is razor-sharp and you feel healthy and proud of your appearance.

All sessions are by appointment only. To accommodate busy lifestyles, the facility is open Monday through Friday 6 a.m. to 9 p.m. and Saturday 6 a.m. to 3 p.m.

For more information call Fitness Together at (732) 431-5555 or visit fitnessstogether.com.