

Here is some sample ad copy we used for a social media marketing campaign:

<https://youtu.be/316488K7vrg> - trailer video

You work hard in the gym but still don't see the big changes that you want.

It's the definition of insanity - doing the same thing over and over while expecting different results.

Break out of doing the same old thing and challenge yourself to do something different, learn something new, and discover a very different outcome.

GC member, Janine spent years at the 'gilder' gym. She'd go consistently but only for a few months at a time. She followed programs she'd found on the internet but didn't have any instruction.

Looking back, she said: **"The progress I've made over the last year at GC is far beyond what I had accomplished in the past 20 years at LA Fitness."**

Now she knows it was a great decision to try something different, learn new skills through coaching! Our coaches made sure her form was right before adding weight into the formula.

"You never looked back or felt stronger, both physically and mentally. Going into GC for a workout is the best part of my day."

Give us a try something different. Schedule your free introductory class and find out how you can see these changes that you want. [\(link to get a trial page\)](#)

<https://youtu.be/66h3h9t0z0s>

A roller coaster changed her life.

GC member, Rhonda, wasn't liking the life she wanted. Years of putting the kids first and making the 'easy' food choices left her out of shape and overweight. She had less energy and felt joints hurt.

She had a membership at a gym all her life. She'd go on and off and not see any much in the way of change.

But then a roller coaster everything. When Rhonda tried to get on a Roller Coaster at Six Flags and the staff couldn't strap her in, she was devastated. She cried the entire day and decided she had enough.

She took the baby steps needed to change her life and is now down 60 lbs. It's been a journey and it hasn't been quick or easy. Consistency and time has been key to her success.

When we asked Rhonda what her life might be like if she hadn't found us, she says, "my life would be worse... I would be unhealthy, overweight, lazy. And I'd just would be in that mode of going 'I want to change but I don't know how.'"

Are you in the same place, wanting to make a change, but not really knowing how? Starting something new can be overwhelming and frustrating.

We've been there! We are a dedicated group of professional coaches that have ALL been through our own transformation. We've helped hundreds of busy professionals just like you.