

# Hideout Fitness Personal Training Services in Irvine Hires Top Certified Trainers

IRVINE, CA, UNITED STATES, September 25, 2024 /EINPresswire.com/ -- Hideout Fitness, a leading name in fitness and wellness, is proud to announce the expansion of its personal training services in Irvine, now offering clients access to an elite team of highly certified trainers. Known for its commitment to personalized fitness solutions, Hideout Fitness is dedicated to providing exceptional training experiences that cater to individual goals and needs.

## Elevating Personal Training Standards in Irvine

Hideout Fitness has long been recognized for its innovative approach to fitness, combining state-of-the-art facilities with expert guidance to help clients achieve their health and wellness goals. With the addition of more highly certified personal trainers, the company is set to enhance its service offerings, providing Irvine residents with unparalleled training expertise and support.

“Our mission has always been to empower individuals to reach their full potential through tailored fitness solutions,” said Jacob Rodriguez at Hideout Fitness. “By expanding our personal training staff and bringing on board some of the most qualified trainers in the industry, we are reinforcing our



Hideout Fitness personal trainers in Irvine create comprehensive workout plans for everyone



Personal trainers in Irvine combine military training experience, with physical fitness knowledge to help clients thrive

commitment to delivering top-notch fitness experiences that drive real results.”

### Meet the Team: Highly Certified Trainers

#### Coach Ana aka Lady Lift

Introducing Coach Ana, aka Lady Lift—a fitness enthusiast since childhood, with a background in track, field, and dance. At 14, she embraced weight training, kickstarting a fitness journey. In 2017, she earned her first fitness trainer license from the Pedagogical College of Fitness in St. Petersburg. For 5 years at Sportlife Club, she gained diverse experience, specializing in goals from weight loss to post-rehabilitation.

In 2022, Coach Ana moved to California, obtaining her second personal trainer license from NASM. Her training priorities include safety, personalized approaches, and holistic development.

As your Coach, Ana is dedicated to supporting you on your fitness journey, leading you to the results you desire.

- Fitness Trainer License – Pedagogical College of Fitness St. Petersburg
- 6+ years of Personal Training Experience
- NASM Certified Personal Trainer

#### Cheylene Bruggeman aka Wellness Warrior

Hi there! I'm Coach Chay, also known as the Wellness Warrior. I have 7 years of experience as a personal trainer, however my fitness story began way back in my youth. I spent 10 years as a gymnast, before diving into collegiate track & field at Long Beach State, and that's where my love for lifting weights took root.

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My real joy comes from coaching my amazing clients, helping them become the healthiest and happiest versions of themselves, all without having to give up the things they love.

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I'm here to use my knowledge and expertise to coach and educate you on achieving your goals, and we'll do it together as a team. We'll build sustainable, healthy habits that align with you and fit your unique lifestyle. Through movement, nutrition, and recovery, I'm here to guide you and hold you accountable!

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- B.S. in Kinesiology from Long Beach State University
- Certified Strength & Conditioning Specialist (CSCS)
- Precision Nutrition certified
- Kettlebell certified
- Previous Equinox Tier X trainer - 5 years experience

#### Coach Hunter aka Major Mass

Hey guys I'm coach Hunter also known as Major Mass. I'm a former NCAA water polo athlete and got my Bachelors of Science degree in Kinesiology at Concordia University, Irvine. At the age of 13, I developed a passion for weightlifting and after many years of being asked questions about lifting I've found an even deeper passion for helping people to reach their fitness goals.

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I was an athlete for most of my life and have developed a solid understanding of what it's like to be challenged when it comes to achieving goals that may seem far off. My goal is to help make those goals feel more attainable by building a solid foundation on form of your exercise, optimal programming, nutrition and overall health and wellness. If you want to feel better both physically and mentally, fix your energy levels, and feel good and confident in the gym, I'm your guy!

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- 8+ years of Weight Training Experience
- Former NCAA Collegiate Athlete
- Certified Personal Trainer
- B.S. in Kinesiology from Concordia University, Irvine

Stephen Rodriguez aka Kilo Crusader

Hey, I'm Stephen Rodriguez. For the past decade, I've dedicated my life's purpose to enhancing the physical capabilities of humans. In my early collegiate years studying engineering, I enrolled in fitness courses at Cypress College intending to lose fat and increase muscle and strength. The process proved challenging, but I developed a curiosity and passion for exercise science. I switched to Kinesiology focusing on strength and conditioning. I studied at Cal State Fullerton and coached the Olympic weightlifting club. Throughout my studies, I received my certification from USA Weightlifting, worked with Olympic coaches and weightlifters, earned my Certified Strength and Conditioning Specialist certification from the NSCA, and ultimately my B.S. Kinesiology. My duty is to unlock the highest physical potential within the human body and empower individuals to experience the highest quality life. Life is a competition, therefore you are an athlete for life.

- BS Kinesiology
- NSCA Certified Strength and Conditioning Specialist
- USA Weightlifting Sport Performance Coach
- 10+ years Personal Training Experience

Personalized Training Experience

At Hideout Fitness, the personal training experience is built around the principle of customization. Each client's fitness journey begins with a thorough assessment to determine their goals, strengths, and areas for improvement. Trainers then develop personalized programs that address individual needs, incorporating a variety of training modalities to ensure balanced and effective workouts.

Key features of Hideout Fitness's personal training services include:

**Customized Workout Plans:** Trainers create bespoke fitness plans based on individual assessments, ensuring that each client's program aligns with their specific goals, whether it's weight loss, muscle gain, or overall fitness improvement.

**One-on-One Attention:** Personal training sessions are conducted on a one-on-one basis, allowing for focused attention and immediate feedback. This personalized approach helps clients stay motivated and on track to achieve their desired outcomes.

**Expert Guidance:** With a team of highly certified trainers, clients receive expert guidance and support throughout their fitness journey. Trainers utilize their extensive knowledge to provide effective training techniques, injury prevention strategies, and nutritional advice.

**Motivation and Accountability:** Personal trainers at Hideout Fitness are dedicated to keeping clients motivated and accountable. Regular progress check-ins and goal-setting sessions ensure that clients remain engaged and committed to their fitness journey.

## State-of-the-Art Facilities

Hideout Fitness is known for its state-of-the-art facilities, which provide an optimal environment for personal training. The gym is equipped with the latest fitness equipment, ensuring that clients have access to top-quality tools for their workouts. Additionally, the clean and modern facility creates a welcoming atmosphere that enhances the overall training experience.

## Client Success Stories

The impact of Hideout Fitness's personal training services is evident through the [success stories of its clients](#). Many individuals have achieved significant transformations, reaching their fitness goals and improving their overall well-being with the support of the dedicated trainers at Hideout Fitness. These success stories serve as a testament to the effectiveness of the personalized training approach offered by the company.

## Looking Ahead: A Commitment to Excellence

As Hideout Fitness continues to expand its personal training services in Irvine, the company remains focused on maintaining its high standards of excellence. By bringing together a team of highly certified trainers and providing a top-notch training environment, Hideout Fitness is poised to deliver exceptional results for clients seeking to elevate their fitness journey.

For more information about Hideout Fitness's personal training services or to schedule a consultation with one of our expert trainers, please visit [hideoutfitness.com](https://hideoutfitness.com).

## About Hideout Fitness

Hideout Fitness is a premier fitness center dedicated to providing innovative and personalized fitness solutions. With a focus on combining state-of-the-art facilities with expert guidance, Hideout Fitness helps clients achieve their health and wellness goals through tailored programs and exceptional service.

Jacob Rodriguez

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