

Winter Park FL Area Darwin Fitness Announces Financial Growth and new Fitness Director

Darwin Fitness, a Winter Park FL private gym today announced significant financial performance data and the promotion of Pamela Figueiredo.

WINTER PARK, FL, UNITED STATES, February 18, 2025 /EINPresswire.com/ -- Pamela Figueiredo, the company's first hired personal trainer (May 2021), has been promoted to Fitness Director and Partner, receiving equity in Darwin Fitness LLC. "Pamela's dedication and expertise have been invaluable to our success," said Jean-Sebastien Fabre, Founder of Darwin Fitness. "This

promotion reflects not only her past contributions but also our confidence in her leadership as we continue to grow. Her commitment to our clients and her passion for fitness make her an ideal partner as we strive to reach our ambitious goals."



Darwin Fitness' team of nationally certified trainers

Financial Performance

Darwin Fitness has experienced substantial growth in quarterly personal training revenue, increasing from \$20,000 in Q1 2021 to \$100,000 in the most recent quarter. This represents a compound annual growth rate (CAGR) exceeding 40% over four years. This growth is attributed to the company's focus on targeted programs, and the dedication of its team of 6 expert trainers.

The company's stated revenue goal is \$1 million annually by 2030, and current performance indicates they are on track to achieve, or potentially exceed, this target. Darwin Fitness plans to continue investing in its team, its facility, and its innovative training programs to further accelerate growth.

Targeted Client Segments and Programs

Darwin Fitness offers programs tailored to the following client segments:

Senior Fitness: Programs designed for older adults focusing on maintaining and improving strength, mobility, balance, cognitive function and overall well-being, helping them to live active and independent lives.

Youth Fitness: Programs combining personalized training with education on healthy lifestyle habits, empowering young people to improve their overall health.

Weight Loss: Programs designed with a holistic approach, integrating personalized exercise plans and nutritional guidance to support individuals pursuing weight loss, including those using GLP-1 medications. These programs focus on long-term lifestyle changes and sustainable results.

Sports-Specific Training: Specialized training programs for athletes at all levels, designed to enhance performance in their chosen sport through targeted exercises, conditioning, and skill development.

About Darwin Fitness

Darwin Fitness, located in the Winter Park FL area, provides personalized fitness services, including one-on-one personal training, customized training programs, and nutritional consultations. The company and its team of 6 nationally certified personal trainers is committed to creating a supportive and motivating environment where clients of all ages and fitness levels can achieve their health and wellness goals. Further information : personal training winter park fl.

Darwin Fitness - Personal Trainers Winter Park FL
110 N. Orlando Ave suite 5 - Maitland FL 32751

Jean-Sebastien Fabre
Darwin Fitness LLC
+1 407-274-4747
darwinfit@gmail.com

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