

# Posh Fitness Launches New Website for Celebrity Personal Training in NYC

New York personal training company, Posh Fitness has announced the launch of a brand new website making it easier for their clients to access a celebrity personal trainer. The website details the services and programs provided by the firm.

SECAUCUS, NJ - New kid on the block, Posh Fitness has recently launched its website for celebrity personal training in NY. The simple and easy-to-use website is a one stop shop for clients looking for more information on services and programs provided by the fitness professionals at Posh Fitness.

Posh Fitness employs a number of qualified fitness professionals with specialized training in particular areas of fitness training. Jason Spencer is one of the top fitness professionals in New York and as the NYC head trainer of Posh Fitness, he assures clients of high quality service and brings his own unique style and expertise to the world of fitness. Spencer is an experienced and qualified celebrity personal trainer with a *Bachelor's Degree in Neuroscience*. He is also a certified strength and conditioning specialist, kettlebell instructor, and certified flexibility/corrective exercise specialist with qualifications from the nation's top organizations - The American College of Sports Medicine (ACSM) and The National Strength and Conditioning Association (NSCA).

As a personal trainer in NYC, Spencer currently works with Manhattan based private clients. Spencer has previously worked in a variety of health facilities and atmospheres, including but not limited to LA Fitness, the YMCA, and Equinox Fitness club. He works primarily with celebrity clients but also works with non-celebrity clients who exhibit qualities of enthusiasm and competitiveness.

"The lifestyle of a celebrity often times poses certain pressures and demands that require a trainer to be more flexible and to achieve outstanding results quickly. However, anyone with tremendous drive, ambition, and who knows exactly what they want and need is a great candidate to excel in physical fitness with a celebrity trainer," says Jason Spencer, the New York City head trainer of Posh Fitness (<http://www.poshfitness.com>).

Posh Fitness provides services such as in-home or in-office/gym personal training as well as Corporate Wellness Programs and Online Personal Training. Specialized personal training services include yoga, Pilates, kickboxing, golf conditioning, strength training, kettlebell training and sport specific training. Spencer and other professionals at Posh Fitness also encourage healthy eating with the 7-Day Posh Diet Plan. The diet plan is tailored to suit individual dietary goals and objectives.

"Posh Fitness offers diet plans for a range of dietary needs, including fat loss, low carb, lean body, etc. This feature of Posh Diets matches perfectly with Posh's overall fitness philosophy - exactly what you need, exactly how you need it, and presented with top level professionalism and expertise!" concludes Spencer.

**About Posh Fitness:** Posh Fitness (<http://www.poshfitness.com>) is a personal training company connecting New York's finest fitness professionals with the 'posh' people of Westchester NY,



Greenwich CT and New York City. The in-home personal training service provided by the firm gives clients access to a team of qualified and experienced professionals who have worked in their respective fields for many years and have shown competency and dedication above and beyond their peers.

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