

EvoFit Newsletter

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CHANGE IS NOW, the Ultimate Tag Line!

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Owner



We chose Change is Now as our tag line for a specific reason, because we reserve the right to change our minds! Our world is changing on a second by second basis. Every day we learn more about the human body; exercise, nutrition, and medicine (just to name a few). Each day we find better, more effective or less detrimental ways of achieving the same if not better results leading to growth and transformation for our society. If we do not change now, the way we think, move and make better choices, we will stunt our optimal potential. Think about this quote for a moment,

“If we do what we always have done we will get what we always got...”

This quote resonates in our minds at Evolution Fitness because we want more than that!! More results, more muscle, more knowledge, and more potential from each member of our team. I like to think of it as constantly learning and always improving.

So what is changing now? Our exercise library! For the past five years our coaches at Evolution have been testing exercises along with hundreds of other gyms throughout the world and guess what? The results are in! After compiling all the research, we have discovered variations of certain exercises that get us faster results compared to exercises that we have used in the past. Over the course of the next couple of months, you will notice minor tweaks to the form of certain exercises that you may be familiar with and may have done differently in the past. With these changes we expect to get even greater results than we are currently getting! It will take some time to break out of the old and into the new, but like a caterpillar emerging from its cocoon as a butterfly, you will find a more beautiful, vibrant and mobile self-come forth, looking, moving and feeling better than ever before! Welcome to the next transformation at Evolution Fitness!