



Downtown Mpls



Uptown



Highland Park



Personalized, Private Exercise Training



**Randy Zarecki,
Owner &
Chief Fitness Officer
Fitness Together:**

- **Downtown Mpls**
- **Uptown**
- **Highland Park**

Mr. Zarecki has been in the Health Fitness Industry for over 25 years. Passionate about Health and Fitness his entire life, Randy won his 1st physique contest, Teenage Mr. Wisconsin in 1982. Since then, Randy has competed favorably in dozens of physique contests, winning titles of Mr. Palm Springs (CA) in '84, Mr. Madison (WI) in '85, and Mr. Santa Cruz (CA) in 1992, among others.

Randy 1st started helping others reach their health and fitness goals back in 1985 before Personal Training even existed. Now an AFPA Advanced Certified Personal Trainer, ACE Certified Personal Trainer, and ACSM member, Randy has helped hundreds of people reach their health and fitness goals with his extensive expertise.

An Author and Speaker, Randy has been a frequent guest on the Kare 11 Today show as a Fitness Expert, and is producer of 50 Exercises for 50 Bucks, an interactive exercise DVD.

Randy has a B.S. in Mathematics from The University of Wisconsin – Madison.

Three Fitness Together Studios, One Model:

1 Client 1 Trainer 1 Goal

Fitness Together is the World's largest Personal Fitness Training organization. Its unique and focused training model to achieves unparalleled and undeniable results.

Each client works individually with a trainer in a fully equipped private training room. Three fundamental components make our programs successful:

- A highly customized, fast paced one on one personal training session in fully equipped private studios
- A Prescribed Cardiovascular Program to ensure that sufficient and managed volume and intensity cardiovascular exercise is completed
- A thorough dietary analysis and managed dietary planning

Fitness Together typically appeals to busy men and women with limited time to exercise but a strong desire to improve and maintain their health. By working with FT trainers, clients can quickly and efficiently reach their fitness goals. While FT clients range in age from 15 to 80, this personalized one-on-one approach appeals most strongly to men and women from ages 40 to 60.

Randy Zarecki purchased his 1st Fitness Together Franchise in November, 2002, and opened the doors to the NE Minneapolis studio on East Hennepin on January 15th, 2003. This studio moved to it's current downtown location @ 1024 Washington Ave. S. in February, 2008

Built upon the success of NE, a second studio was purchased and FT Highland Park (next to Lunds on Ford Pkwy) opened on June 23rd, 2005.

Randy Zarecki purchased his 3rd FT Franchise in November, 2006, and opened the Uptown location @ 1221 W. Lake on March 15th, 2007.

Fitness Together **Downtown** 1024 Washington Ave. S., Mpls MN 612.378.8898

Fitness Together **Highland Park** 2112 Ford Pkwy, St. Paul, MN 651.699.9955

Fitness Together **Uptown** 1221 W. Lake St., Mpls MN 612.822.3448

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