

What to Expect From Your First Personal Training Session at JMB Personal Training

There's a moment before you walk in.

A mix of curiosity...
maybe a little hesitation...
and a quiet question:

"Is this going to be right for me?"

If you're 40+ and considering personal training in Fairport or the greater Rochester area...

Let's take that uncertainty off the table.

This Isn't a "Walk In and Figure It Out" Experience

At JMB Personal Training, your first session is not random.

It's intentional.

Because if you've tried doing it on your own before...

You already know how that goes.

Step 1: Conversation First, Always

Before any movement happens...

We talk.

About:

- Your goals
- Your past experiences
- Any pain, limitations, or concerns
- What you want your life to feel like again

This isn't surface-level.

This is where we understand **you and your why**.

Step 2: Wellness Screening

We look at how your body moves today.

Not to judge.

But to understand:

- Mobility
- Stability
- Strength
- Imbalances

This gives us a starting point that's real—not guessed.

As well as our Evolt360 Bio Age Scanner. 40 metrics that matter and give you the real data to see the results.

Step 3: Guided Training Experience

You'll go through a structured session that shows you:

- How we coach
- How we program
- How we support

You won't feel lost.

You won't feel overwhelmed.

You'll feel... guided.

Step 4: Your Plan Moving Forward

Before you leave, you'll know:

- What your next steps are
- What your plan looks like
- How we help you stay consistent

Clarity replaces confusion.

Why This Matters for Adults 40+

Because your body isn't the same as it was at 25.

And it shouldn't be treated like it is.

Recognized as one of Rochester's top-rated personal training facilities, JMB Personal Training continues to lead the way in helping adults 40+ build strength, move pain-free, and live with confidence.

This is about meeting you where you are...

...and building forward from there.

Serving Fairport and Greater Rochester

If you're in Fairport, Webster, Brighton, Victor, or anywhere in Rochester...

Your first step doesn't have to feel intimidating.

It can feel... empowering.

Your Next Step

👉 Book your free consultation at JMB Personal Training

👉 www.JMBPERSONALTRAINING.com

Because the hardest part?

Is walking in the door.

And we make sure that part feels right.