

Want a Better Body? Get the Results You Want - Now!

Personal Training Institute (PTI) has opened its first location in Pennsylvania in the Shoppes at Bloomfield Village south of Lititz. They offer customized exercise programs and individual attention to their clients. Owners Randy & Kay Mosser lead a team of certified personal trainers & nutritionists on a path that helps their clients reach & maintain their personal goals - permanently.

The Mossers have enjoyed a long history in the fitness field, specifically in regards to personal training. Kay & Randy oversee a group of hand picked trainers as well as managing day to day operations within the club. It's an extremely unique environment. A PTI client will typically come into the club 3 times a week for an appointment with a personal trainer. "Everytime you walk in here, you're working out with a trainer", says Kay. "That's a concept a lot of people are

unfamiliar with in this area. But to get the desired results that you're looking for, you need to be pushed to a point that you wouldn't normally go to by yourself. That's why you need a trainer!"

"Forget about The Biggest Loser shows, we're not here to yell at you or stand on your stomach while you do sit ups; it's nothing like that. We provide motivation, encouragement, and education. It's an extremely positive atmosphere."

PTI not only concentrates on the physical aspect; their clients meet with the staff nutritionist once per week as well. "It's a complete program here at PTI", says Kay. "We not only work you out but we also re-educate you on what & when to eat. The nutrition side is just as important as the strength training side to achieve the results that most of our clients are looking for."

