

# HEALTH

AS SEEN IN

HEALTH PROFILES 2022

## THE BLUEPRINT LA

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### SERVICES OFFERED

- Group training classes
- Personal training
- Small group training
- Goal coaching

### LISTEN, LEARN & LEAD

The #1 way to empower clients to improve their health is to discover why they started their health and fitness journey. Our staff knows that the most important thing we can do to lead our clients properly is to listen, learn and then lead. Once we are on the same page, we can create a road map to success and hold clients accountable in reaching their goals!



### PASSION & PURPOSE

We want to empower people to believe in their passion and connect them with their purpose while producing real, sustainable results. As a training facility built on culture, community and connection we offer a wide range of group fitness classes with one goal: to bring people together in a positive, team-like atmosphere. Clear of egos and filled with positivity and empowerment, we are driven by our clients' results, and we take pride in helping our community live with passion and purpose.

### SUPPORTIVE STAFF

Each of our coaches has a minimum of two training certifications and is required to continue their education annually. Our staff isn't just passionate about fitness or working out. We are passionate about our purpose, which is to spread health and positivity. Once you step through our doors, you will be treated like family and you'll have a community that will support you 100%. The energy between our four walls can't be replicated. It has been generated through our clients over the past seven years. "Once a Ripper, always a Ripper."

"We take pride in helping our community live with passion and purpose."