Corporate and In-Home Personal Training

Lois Manzella-Marchitto

At Fitness Knocking®, our mission is clear: We build hope and motivation.
Our Founder and Managing Director Lois brings over 20 years of expertise in health, fitness and dance. Our team is dedicated to guiding your team towards their best selves through engaging and effective fitness solutions. Featured on local news and recognized by top organizations, Lois blends her extensive knowledge with a genuine passion for helping you and your team achieve a healthier, more vibrant work life.

At Fitness Knocking®, we knock so you can rock.

Presentation Topics

Relieve Stress

- This comprehensive seminar is aimed at helping your team break free from the common yet manageable experience of stress.
- Strategies to guide you in understanding your choices and pathways to a more balanced life.

Getting Abs Back in Action

- Is an engaging and interactive seminar designed to clarify core strength and abdominal training.
- In this interactive session, you will explore the truths and myths about core muscles, learning the anatomy of these crucial muscles and how to effectively engage them for better exercise results.

How to be F.I.T.T. At Home

- Is an informative and practical seminar designed to help you make the most of your workouts using the F.I.T.T. principle.
- F.I.T.T., which stands for Frequency, Intensity, Time, and Type, is a key exercise principle for optimizing your fitness regimen.

Group Exercise Classes

- Provides a safe and effective workout led by fitness experts.
- Each class offers 17 different class variations to accommodate all fitness levels.

To Contact Lois:
Email: LMM@fitnessknocking.com • Phone: 973-713-2602
Site: www.FitnessKnocking.com

Fees negotiated with individual provider