

Meltdown Nation

The Culture of Next Generation Personal
Training & Fitness



NG
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PT



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Tobie Rogers

Transformer, Pharmacist, Inferno Competitor, 100lbs Club Member

NGPT has completely changed my life! I have struggled with my weight for my entire life. I have tried countless diets, without much success and I always felt totally uncomfortable, awkward, and embarrassed in a gym. I hated to sweat and had self-diagnosed myself with an allergy to exercise. I have only been with NGPT for 4 short months, but I already feel like part of a family. My results have been incredible to boot as I have lost almost 70 pounds to date!

I was discussing my latest and greatest get fit strategy with a friend one day, when she suggested that I just "do that meltdown thing" that one of our co-workers had done. I had noticed his transformation and knew he had been successful, but didn't know how he had accomplished it. I scouted out the web page several times before I finally built up the courage to ask him about it. As we sat and talked, I could see his enthusiasm and excitement for NGPT coming out. He was talking about doing the January boot camp. But, I knew that I couldn't wait that long; I started my journey right after Thanksgiving. I knew it would be tough with the holidays around the corner, but I couldn't afford to gain another 10 pounds like I had done almost every year prior.

That first class was TOUGH! Emotionally, I was a mess. I was scared, nervous, ashamed, overwhelmed and on the verge of tears; I had even considered turning on my heels, walking out the door and never looking back. Before I could make my escape, Coach Marcey appeared by my side and swooped me up under her wings. She helped ease my fears and offered to partner with me. She walked me through each exercise and suggested alternatives when I needed it. I received support and encouragement from Marcey, Adam, and many other people in class that night. But it didn't stop at the first night; it continues to happen each and every time that I walk through those doors. The trainers, instructors and coaches are incredibly amazing! You can tell that they genuinely care about each and every client. The energy at NGPT is absolutely electrifying! If I am having a bad day, I know it will be so much better after a good workout with some amazing people! Don't tell anybody, but I actually enjoy working out these days and feel like something is missing when I take a day off!

I still have a long way to go in my journey, but I am not scared or ashamed anymore. I am more focused, determined, and confident than ever before. I know if I start to falter that I will have the guidance and encouragement of so many to set me back on my path and heading in the right direction. MELT ON!



Barb Black-Kurdziolek

Professional, Student, Mom, Mult-Tasker

NGPT has changed my life! For years I suffered from mysterious digestive issues for which no doctor could prescribe a cure. I was on so much medicine that I felt groggy a lot of the time. I couldn't eat anything that didn't upset my stomach and I was having difficulty sleeping. As a result I began to put on more and more weight and my symptoms became worse. I was told I needed to exercise to feel better but I was in a rut because I needed to feel better to exercise I became frustrated, socially withdrawn and depressed and lost interest in things I used to enjoy.

Then one day a colleague invited me to try NGPT. I had witnessed her success on the meltdown bootcamp and thought I would give it a try. I signed up for a free trial class (CCB).

It was fun and the intervals gave me courage because as my friend said, "what can't you do for 20 seconds"? So at 20 seconds at a time, I made it through my first full blown NGPT class! Staff, veteran clients, and my friend kept encouraging me throughout the class! Before this I couldn't work out more than 5 minutes at a time but somehow I made it through the full 60 minutes! When it was over multiple members came over to meet and greet me and pat me on the back and tell me it gets easier! The community was so welcoming and encouraging! It's like they were a family! I never once felt out of place there. In fact, I found that I felt like I belonged from day one. I looked around me and noticed people of all sizes, ages, and fitness levels being kind to each other and all getting an excellent workout at their own pace!

I signed up for a bootcamp and became associated with a wonderful group of people who were working together to do perhaps the hardest thing we've ever done. (duh, bootcamp). But, we had a blast supporting each other throughout and the trainers and accountability coaches were right there taking the time to become intimately familiar with every small accomplishment and struggle along the way! It was just amazing.

And as for the nutrition plans...I found that eating 5 small meals of whole foods was absolutely the miracle cure my digestive system was waiting for! During the first week I still felt sluggish but after fueling up with organic real food and not chemicals and processed food from a factory my workouts became easier and my digestive issues subsided almost immediately.

NGPT has changed my life! I do not take any medicine now. I sleep through the night and I wake up early looking forward to my workout classes! I have a renewed sense of purpose and confidence in my abilities and have actually gotten back to my former self! I missed me! I am so glad I took that first step!

Karen Wisley

Runner, Inferno CHAMPION, Mom

What makes NGPT special to me, well let's see....

When I started at NGPT with the April 2013 Boot Camp, I had no idea what to expect and boy did I underestimate what I would find.

A good friend I worked with had done a Boot Camp and was getting ready to do another. I was looking for something to jump-start my fitness so I signed up as well. We agreed to push each other and make sure that we followed the program and work out together. I was always active in recreational sports but in the past few years had slowly stopped doing things because my daughters kept me busy with their sports. I missed that feeling of being a part of a team. What I discovered was a group of people who truly care about every person who walks through the door. They care about your fitness, your diet and more importantly, they care about YOU! And that is everyone, not just the instructors! People taking the classes with you cheer each other on. Whether it be on Jacobs Ladder, the Prowler, a spin class or doing full push ups instead of knee push ups, the person next to you or across the room is supportive!

I remember going to that first class, Burn Fusion on Tuesday evenings. I struggled to finish the class and to top it off, I had already signed up for FBI on Wednesday morning. What a long day that Wednesday was...those two classes really rocked me and I was not about to quit. My competitive personality kicked in and is still going strong.

The past months have flown by and on November 2nd, 2013, that co-worker and I who signed up for that April Boot Camp ran a mini-marathon. Something I never thought I would be capable of doing.

Thank you NGPT! You are exactly what I needed!

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Dona Cornman

I went shopping last night, not looking for anything in particular, but rather trying to spend my Kohl's cash. I just pulled random sizes to try on for fun. HOLY CRAP. I made it to a single digit size!! I can't believe it, just can't believe it!

Thank you to everyone at NGPT for their guidance, encouragement and support. I'm still a work in progress, but I'm a happy, happy girl!



Stephanie Warthan

I had heard about NGPT previously and I personally knew a few clients who had gone through the boot camps or had taken classes there so I decided to become an NGPT client.

I knew that I was signing up for a boot camp but I was unaware of how much of a family NGPT would become to me. Family is a meaningful word to me so I do not use it freely but the NGPT staff has been with me through the good and the bad. From day one, I was greeted with a friendly, helpful and knowledge staff. I was impressed with the amount of knowledge they had about exercise and nutrition. They were there for me when I had questions and never made me feel intimidated or uncomfortable.

The classes are comprised of members from all fitness levels and ages. People are there because they want to improve themselves and their quality of life - I never feel as if other clients are "judging" me during a class. It is inspiring to see people work so diligently to achieve their personal goals. They inspire me to work harder!

I have made many friends through NGPT. We schedule some class times together and also meet up outside of classes for cardio sessions, bike rides and even an occasional lunch. Before I became an NGPT client, I would have never believed I would be scheduling 3-4 exercise classes per week, riding bikes with friends and family, and weigh 60lbs less than I did 9 months ago! NGPT has changed my life by not only helping me to get healthier but also by introducing me to friends who shared my struggle and are there to support me through it all. Family.

Stormi Jones

NGPT means that I'm getting my quality of life back. I'm able to play sports with my family again when I used to just sit in the chair and watch. I can go up and down stairs without dreading it. I look and feel better about myself. I currently need a hip replacement and now that I started exercising at NGPT, my hip feels better which also means my recovery should be easier following my hip replacement. I am truly thankful for Adam and the instructors at NGPT for helping me reach and continue to move closer to each of my personal goals.

Ashley Davidson

Social Media Guru, Master of the Jumping Jack

After being a very competitive athlete my entire life until I stopped playing halfway through college, I had really let myself get very out of shape. I think I've always had that determination and will to develop healthy habits, I just kept finding lots of distractions along the way. By the time I came to NGPT, I had tried just about every weight loss/exercise program out there. I'd have a few good weeks and make some real progress, then fall off the wagon.

I've always been the type to go to the gym, work out on my own and honestly NEVER wanted to work out in a group setting. I also wasn't sure I'd be one of those people that would get into the "culture". All I really wanted to do was find a program, get some exercise and some advice on nutrition and get the weight off. It took one class for all of that to change.

Sabra encouraged me to come in and just check things out. One 6am FBI class later, I was hooked. During the first couple of weeks I found myself asking if I could add more classes until I was coming in almost every day of the week. I was feeling great, making progress and not just tolerating the classes but loving how hard I could push myself in them and how much fun I was having during each class. Yea, I said fun...

During my first 8 weeks, I had convinced my mom and my dad to try out classes and was singing the praises of my new found addiction. I didn't have much of a social life, and I've never eaten so much chicken in my life. But I was having a blast! And there was constant positive support, during classes, nightly emails, great PT sessions... everything just helped me to keep going. I'm also the type to get bored easily. There are so many classes and so many options that I find myself reworking my schedule so I can fit in another new class. In fact, this morning, I just took a class that was brand new to me and loved it!

The 8 weeks went by pretty quickly and I don't think it was until then, that I realized just how much had changed. Yes, my waistline was a few inches smaller but what I had lost in weight, I had gained in my own little army. My accountability coach, personal trainers, class instructors, newly made NGPT friends and everyone in my classes all started congratulating me when I got my name on that 30lb board. I realized that in only 2 short months, I had a team of people that would make me laugh during a hard FBI set, push me during CCB, keep me honest when I wasn't staying on the nutrition plan, push me to press a bunch of weight over my head and so on. There's so much you can say about what an incredible opportunity this program affords to everyone that just sets foot in the door. I'm still pretty new and I think I'm still understanding just what a special place NGPT is. But if 8 little weeks can transform a life so much, I can't wait to see what the next few months bring!

