

Coaching by Jake Barrena - Aliso Viejo

aliso viejo

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Coaching by Jake Barrena - Aliso Viejo

Discover the Personal Training Experience with Jake Barrena in Aliso Viejo, California

Are you ready to elevate your fitness journey? Look no further than **Coaching by Jake Barrena**, located in the heart of Aliso Viejo, California. Jake is renowned for his unwavering dedication, enthusiasm, and expertise in personal training, creating a welcoming atmosphere that caters to all fitness levels.

A Community Focused on Success

Jake's clients often describe him as an absolute **BEAST** in the gym. His commitment to their success is evident in every session, fostering a supportive environment that feels more like family than just a workout.

Accessibility: The gym offers a **wheelchair-accessible entrance** and a **wheelchair-accessible car park**, ensuring that everyone can participate in the fitness community. **On-site services:** With appointments required and recommended, clients receive personalized attention tailored to their fitness goals. **Transgender safe space:** The gym is dedicated to providing a comfortable and inclusive environment for all, including being **LGBTQ+** friendly.

Innovative Fitness Solutions

At Elite Physique Fitness, Jake offers a range of **service options** to meet your needs:

Online classes: For those who prefer to work out from home or have busy schedules, Jake provides flexible online training options. **Planning:** Each client receives a customized meal plan and workout regimen, ensuring they stay on track with their health and fitness objectives. **Amenities:** The gym is equipped with everything you need for high-intensity workouts, as well as clean and accessible restrooms.

A Unique Training Philosophy

Jake's training sessions are anything but ordinary. With his high-energy approach, he transforms workouts into exciting challenges that keep clients engaged:

Clients rave about the **variety** and **challenge** in Jake's workouts, making each session fresh and enjoyable. He believes in motivating each individual, pushing them to achieve results they never thought possible. The gym atmosphere is described as a **fun** and **friendly** environment, promoting camaraderie among members.

Join the Elite Physique Family Today!

If you're looking for a gym where you will be treated like family, you've found it. Whether you're a beginner or an experienced athlete, Jake has the knowledge and enthusiasm to guide you toward achieving your fitness goals. With a focus on **community** and **personal growth**, Elite Physique Fitness is not just a gym; it's a lifestyle.

Don't miss out on joining a facility that prioritizes your health in a supportive, **inclusive**, and **accessible** environment. Contact Jake Barrena today to book your appointment and start transforming your fitness journey at Elite Physique Fitness!

Our location is in

65 Enterprise, 92656 Aliso Viejo, California - United States (US)

The phone of said **Personal trainer** is +1949-350-2873

And if you want to send a WhatsApp, you can do so at +1949-350-2873

The website is Coaching by Jake Barrena

If you wish to change any detail that you consider is not correct concerning this site, we ask send us a message so we can we will adjust it as soon as possible. In advance thank you very much.

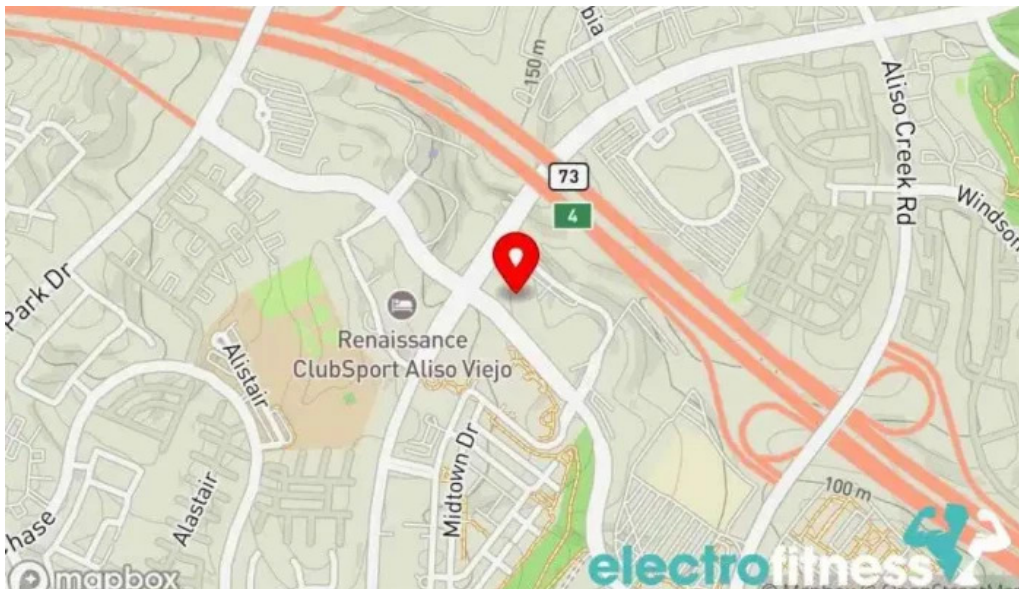
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Tags

Planning, Transgender safe space, Wheelchair-accessible car park, On-site services, Service options, Crowd, Wheelchair-accessible entrance, Online classes, Appointment required, Toilet, LGBTQ+ friendly, Accessibility, Amenities, Appointments recommended

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Comments

Grace Bailey

07-05-25 00:20

Let me just start by saying, Jake is hands down the most amazing personal trainer I've ever had the pleasure of working with in my entire life! I've been dipping in and out of the fitness world for well over two decades, dabbling in all sorts of gyms and working with a variety of trainers.

Before meeting Jake, I was mainly doing my own workouts with a friend who wasn't very experienced in the gym scene. While I could motivate and push her, I felt like I needed someone to do the same for me, to really push me to my limits and help me become the best version of myself.

A close friend of mine had been training with Jake for about a year and she kept urging me to give him a try. For months, I thought I could manage fine on my own and didn't see the need for a trainer. However, at 38 years young, I realized I needed someone to kick my butt, keep me on track, and push me to achieve my full potential.

Feeling uncomfortable in my own skin, avoiding beach trips and not being confident around my family and even my husband, I made a promise to myself that by my 40th birthday, I would have the body I had always dreamed of. So, I reached out to Jake and from our very first interaction, he was incredibly supportive and made me feel at ease.

Upon meeting Jake at the gym, I was pleasantly surprised by the warm and welcoming atmosphere. Everyone was so positive and encouraging, which was a complete departure from the intimidating environments I had experienced in other gyms. Jake introduced me to his clients, fellow trainers, and everyone made me feel like part of the fitness family instantly.

After that initial workout, I knew I had found my forever gym. I signed up for a 12-month program and thanks to Jake's guidance, I've already seen incredible results - over 10 pounds lost, several inches shed, and a significant drop in body fat percentage. People are starting to notice my transformation and it feels amazing to receive compliments on my progress.

Jake isn't just a trainer to me, he's become a friend, mentor, and coach all in one. His constant support and motivation keep me going every day, pushing me to become the best version of myself. Working with Jake has truly been the best decision I've ever made on my fitness journey.

David Gutierrez

07-05-25 00:23

I've trained with several instructors in the past, but let me tell you, Jake is a cut above the rest! He genuinely invests in all his clients and is committed to helping them succeed. Jake motivates you to give your absolute best every session, easily spotting when you're not fully committed. I wholeheartedly endorse Jake to everyone. When I step into the gym, it's not just a workout, it's like visiting family, creating a much more enjoyable fitness experience!! Don't hesitate any longer, join our family here today!!

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