



Phil Martens, 501FIT Founder & Inventor the G-Werx® Gym

I love teaching G-Werx Strength classes! People have been achieving amazing results! In one class alone 5 women lost a combined weight of over 230 lbs! Countless clients have healed nagging injuries while toning and strengthening at the same time. Regardless of your fitness level, workout experience, age, gender and fitness goals you'll be welcomed and supported here.

I invented and designed the patented G-Werx® gyms (www.gwerx.com) because I wanted to make strength training available to more people. I am an ACE (American Council on Exercise) Certified Trainer with a Bachelors and Doctorate Degree from the University of Minnesota. My passion is helping people achieve their fitness and weight loss goals.

I started training with weights at the age of 12, was a successful athlete and coach, and am currently writing a book on fitness and well-being. As the Founder and Fitness Director of **501FIT**, I am committed to ensuring your experience with us is a great one!

Testimonials

"Absolutely the Best! 501FIT strength training classes not only helped correct and strengthen an injured shoulder, but also improved my overall body strength and body tone. I get the best of both worlds - individual attention towards achieving my goals while exercising in a fun, group setting. How motivating is that!" - **Janelle S**, Columbia Heights, MN

"I worked out on my own at another gym for over ten years. Recently I knew I needed a change so I joined 501 Fit. I've been taking their strength training classes for several weeks and already see and feel a big difference. I can already notice this program is producing benefits that far exceed those during my previous ten years of unsupervised workouts." - **Tim D**, Minneapolis, MN