



NEWS RELEASE

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JW PERSONAL TRAINING PS LAUNCHES A FREE OUTDOOR FITNESS CLASS CALLED FAHRENHEIT IN FRANCES STEVENS PARK PALM SPRINGS AUGUST 4TH AT 7:30 AM

Jim Weigert is a certified personal trainer with over 25 years to experience engaging with individuals working towards a variety of fitness and self-improvement goals with experience in working with clients facing physical limitations (Parkinson's Disease, stroke victims, other injuries).

"Regardless of your age or fitness level, I will be your teammate and mentor in developing a comprehensive program that will help you reach your personal goals. I believe in creating a supportive environment that is effective, positive, and fun while addressing your specific needs", states Jim.

Weigert launched his company this past month with a new name, new branding and a new free outdoor fitness class geared for all levels called FAHRENHEIT, the hottest fitness class in downtown Palm Springs. The first fitness class is scheduled for Thursday, August 4th at 7:30 am in Frances Stevens Park in Downtown Palm Springs. The class will be offered every week on Tuesday, Wednesday and Thursday. Donations welcome however not mandatory to join the class. On the last Sunday of each month Weigert will travel to Phoenix and teach the class at Steele Indian School Park.

Weigert has a long history of working in the fitness industry, primarily in Phoenix, Arizona before moving to Palm Springs, California in 2021. In addition to personal and group training at L.A. Fitness and The Camp, he has also taken on leadership roles as Director of Operations for The Camp (2018-2021). His personal journey into fitness began in 1998 as a way to reach his own fitness goals and support other in their journey of self-improvement. Working to help others identify their unique challenges and discover the catalyst that will help them build confidence, enhance self-worth, find motivation, and support achieving their highest potential is his passion.

Certifications in the following fields include NASM Certified Group Personal Fitness Instructor, ASFA Certified Master Personal Trainer, ASFA Certified Bootcamp Instructor and ASFA Cycle Instructor. Weigert specializes in Strength Training, Exercise Physiology, Rehabilitation Therapy, Stability Issues, Weight Management and Nutrition. Training takes place with his clients at World Gym in Palm Springs between the hours of 5 am – 4 pm and as an alternative at home client training is available. A 30-minute consultation to discuss your fitness goals is available complementary.

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