



(no subject)

1 message

Keegan Thorpe <keeganthorpe@hotmail.com>
To: Keegan Thorpe <keeganthorpe@hotmail.com>

Thu, May 12, 2016 at 10:25 PM

Welcome to your profile! Edit your profile

Keegan
Keegan Thorpe
Seattle, WA
(206) 250-7509
1 REVIEW

ABOUT

How does your service stand out?

My service stands out from others because I believe in what I'm doing helping others and making a living doing it. What could be better than that?

What do you enjoy about the work you do?

I enjoy seeing the process of results come to fruition. Nothings better than witnessing the newfound or rediscovered confidence I see in people getting results.

Twitter
53 followers
BUSINESS INFO

Keegan
Travels up to 5 miles

CREDENTIALS

Gold profile
QUESTIONS & ANSWERS

What is your typical process for working with a new customer?

The typical process for working with a new customer follows: 1. Initial contact: Gather information depending on how we contact each other(Social media, person, phone etc.)If agreeable, schedule a free 60 minute consultation. Or if the client is ready then discuss training packages. 2. Fitness Consultation. A meeting where we briefly go over basic info not yet discussed, or in more depth like medical info, prior injuries, and of course goals, and expectations. This is followed by a sample workout determined by the results of a sample exercise. At the end, we decide whether to work together and discuss packages and scheduling.

Describe a recent project you are fond of. How long did it take?

A recent project I like is working with a client to get a "beach body" for a tropical vacation to Puerto Rico. We worked together to lower his body fat% by 8% in a two month span with hard work and consistency.

What education and/or training do you have that relates to your work?

I am a personal trainer certified by the National Association of Sports Medicine. (N.A.S.M.) I also have liability insurance and am C.P.R. and First Aid trained. I have also been trained as a weight loss counselor by the Y.M.C.A. for the "Lose to win program" which applies basic techniques like S.M.A.R.T. goal setting and meal planning in a group setting.

What types of customers have you worked with?

I've worked with athletes on specific sports training and conditioning and everyday people who just want to look and feel better. The goals have ranged from losing weight to gaining muscle mass, and decreasing body fat percentage and flexibility. What advice would you give a customer looking to hire a provider in your area of work?

Make sure that they are certified and have liability insurance or the place you are meeting at has [insurance](#). Make sure that they understand your realistic goals and expectations and can hold you accountable.

Do you have a standard pricing system for your service? If so, please share the details here.

I work in partnership with Tukwila Community Center. The rates are as follows. Single \$30. Triple Pack \$80. Six Pack \$150.(Free 1 month fitness pass included) Buddy Prices(2-3) people. Single \$25 each. Triple Play \$70 each. Six Pack \$120 each(Free 1 month fitness pass included)

How did you get started doing this type of work?

I got really out of shape one spring and decided to get a gym membership to do something about it. I got nowhere initially then took advantage of a special on personal training special. I started seeing fast results, then decided that what was

what I wanted to do. Help people by personal training.

What questions should customers think through before talking to professionals about their project?

What are my goals? How committed am I to this goal? What are my limitations? What is my availability? What is my budget?

[Read More](#)

REVIEWS

4/5 stars

I have been training with Keegan for just a few weeks now and am already feeling a difference between this and past efforts to get healthy. He's exactly what I was looking for- someone who has been where I am and knows what it's like to have to work hard to lose the weight and learn what it takes to get healthy. From his comprehensive initial assessment (and I mean comprehensive- you will work!) to a customized training plan (not off the shelf- it's what your specific body needs) and great group classes, Keegan offers it all. I get both the 1:1 attention and the energy from being with other folks in a class.

Jon Y. on March 20, 2016

© Thumbtack, Inc. All Rights Reserved • [Privacy Policy](#) • [Terms of Use](#)

Sent from my Verizon Wireless 4G LTE Droid