



We did it again!!!

This past year, Aria Athletic Club's [personal trainers](#) have been working hard to raise the bar for fitness in the Vail Valley, and we did! Two years ago we set out as a team to achieve higher levels of fitness certification, and we accomplished it! This last year we set our sights on the FMS certification, and as of today, all of the trainers at the [Aria Athletic Club](#) at the [Vail Cascade Resort](#) are FMS Certified!

The FMS is a ranking and grading system that documents movement patterns key to normal function. By screening these patterns, the FMS readily identifies functional limitations and asymmetries. These are issues that can reduce the effects of training and increase the likelihood of injury.

The FMS generates a score which is used to track progress and target problems. The scoring system is directly linked to corrective exercise protocols designed specifically to restore functional movement.

The FMS simplifies the concept of fitness and program design in multiple ways:

Evaluation: All new members are entitled to a Free Assessment which now includes the FMS. The FMS identifies asymmetries and limitations, highlighting the areas that need the most attention.

Standardization: All of the trainers are now using the same assessment techniques, so we can all communicate on the same level. The FMS also creates a functional baseline to measure progress and performance.

Safety: The FMS quickly identifies "at risk" movement patterns so they can be addressed and eliminated, thus creating a more solid foundation to grow upon.

Corrective Strategies: The FMS can be applied to all fitness levels. Subjects can receive protocols ranging from corrective exercise interventions to more individualized warm-up techniques. These protocols are based around what your body needs most, and what should be done to put your body in proper alignment before you start activities, i.e.: weight training, cardio training, skiing, snowboarding, golf, biking, etc.

Contact any of our Vail [personal trainers](#) today and get on the right track to moving better! For a complete list of fitness classes, [go here](#).

Aria Athletic Club
970.476.7400
[AriaClub.com](#)