

No distractions.
No excuses.
Results.



MYTrainer Des Moines presented by **MYGym**, focuses on strength training and fitness.

it's your journey

We get it. Strength training and fitness are personal and require a plan. Our certified trainer will work with you to maximize results and reduce the chance of injury.

custom plans created for specific needs

You'll receive a custom strength and fitness plan tailored to your timeline and goals.

With your certified trainer in a private studio, in a positive environment where there are no distractions like with a traditional gym.

ASK ABOUT OUR ONLINE PLANS & PROGRAMS

success

MYTrainer Des Moines gives you the tools and support you need to reach your strength and fitness goals.

get started

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