

About us

Dedicated professionals committed to your fitness success

The personal trainers at CC Fitness are all certified and highly motivated to help you achieve your fitness goals. We understand that adapting to new fitness habits is difficult and often times fails. Our goal is to change your view on fitness, so that it becomes a part of who you are and your lifestyle. Taking a 5 point fitness method we focus on strength, core, endurance, balance and flexibility.

We believe there are four C's to a successful fitness journey; **Courage, Commitment, Consistency, and Challenge.**

Courage-building up the courage to walk into a gym or making that phone call and scheduling a consultation with a fitness professional.

Commitment-committing to yourself and committing to your trainer. Trusting the process and staying true to yourself.

Consistency-attending every session possible, not missing too many consecutive sessions otherwise you will be back at square one.

Challenge-challenging yourself at every session knowing that progress is being made.



Personal training information

CC Fitness works with clients of all fitness levels, from beginners to those who have been training most of their lives. We specialize in functional, strength, and sport specific programs.

Are you a golfer looking to improve balance, stability, and flexibility? Our trainers will create a program that translates to the course.

Perhaps you're an avid pickleball player. CC Fitness trainers will improve your agility for the constant movement on the court.

We offer one-on-one personal training and small group training for two. Most sessions are 30 minutes, but we do offer one hour sessions.

After scheduling your free consultation you will meet your trainer at the recreation center you choose. During the consultation you will complete a Physical Activities Readiness Questionnaire and a Medical History Questionnaire. Once your trainer reviews the questionnaires he or she will ask you about your goals followed by a brief physical fitness assessment. Once that is complete you can schedule your first training session. We look forward to training with you!

Accountability and camaraderie

Searching for a class that suits your needs? We offer four different classes where you can join friends and other members of the Sun City West community.

Small Group Training with Carlos Cano

We offer a MW and T Th class at 9:30 in the RH Johnson group fitness room. The class begins with two minutes of dynamic movement to get you warmed up and loose for that day's workout. We then follow that with two minutes of balance work. The fun continues with strength training using body weight, bands, and weights. This class is open to all fitness levels, modifications are made for those new to fitness and those with ailments.

B-Fit Cardio with Bernadette "Bunny" Gasior

We offer T Th class from 8:15-9:15 and a T Th from 5:00-6:00 pm all in the RH Johnson group fitness room. We work with two to ten pound weights, your choice. B-Fit is a type of interval training with bursts of high/low impact activities, and a focus on core strength. Work at your own pace, and get your heart pumping as you perform each exercise for one minute.

Barre with Bernadette "Bunny" Gasior

We offer a Monday class from 8:15-9:15 and Wednesday class from 11:30-12:30 in the RH Johnson group fitness room. Barre is a combination of ballet inspired moves with elements of Pilates and yoga. A low impact, high intensity workout focusing on small isometric movements that go deep into underlying muscles. We use two to three pound weights, and also focus on balance and core strength.

Zumba with Sherry Possner

We offer a T Th class from 3:50-4:50. Zumba, exercise in disguise! Intervals of fast and slow rhythms that provide cardio and muscle conditioning while also focusing on balance and flexibility. A full body workout loaded with fun and smiles!

All classes require a minimum of five participants with space limited to 15 participants. Visit us at www.carloscanofitness to sign up.

Safe and effective guidance

CC Fitness offers free group equipment demonstrations at each rec center, led by a certified CC Fitness trainer.

First Tuesday of each month at Palm Ridge.

Second Tuesday of each month at Beardsley.

Third Tuesday of each month at Kuentz.

Fourth Tuesday of each month at RH Johnson.

Space is limited, sign up at any recreation center, or visit us at www.carloscanofitness.com to reserve your spot.



Personal training and consultations

Day	Hours
Monday	by appointment
Tuesday	by appointment
Wednesday	by appointment
Thursday	by appointment
Friday	by appointment
Saturday	by appointment
Sunday	Closed

Call or book online to schedule your free consultation today.

714-800-9343

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Carlos Cano Fitness, LLC

Fitness has no age limit

CC Fitness is the exclusive fitness provider for the Recreation Centers of Sun City West.

Visit us online at www.carloscanofitness.com to schedule your free 30 minute consultation.

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