

# Hoebel™

**Fitness**



# About Us

Hoebel™ Fitness is a leading-edge lifestyle-fitness company that focuses on **physical well-being**, **mental clarity** and **self empowerment** and is dedicated to inspiring people with mindful, healthy living. Founded by international celebrity strength-nutrition-lifestyle expert, **Brett Hoebel**, Hoebel Fitness has a unique body-mind approach that stems from Brett's diverse experience in Eastern and Western disciplines, including *Afro-Brazilian capoeira*, *Muay Thai kickboxing*, *functional strength training* and *Hatha yoga*, as well as his education in *nutrition*, *holistic health* and *lifestyle coaching*. This integrative philosophy is represented by all of the Hoebel Fitness lifestyle-fitness programs including **REV ABS™**, **reVamp®**, **fitnessBrasil™** and **urbanmotion®**. Through its integrative approach and very talented team, Hoebel Fitness is dedicated to empowering every client with the knowledge, motivation and ability for personal change.

As an international fitness expert and one of the most sought-after weight-loss, nutrition & lifestyle coaches in New York, Brett is launching his **REV ABS** program on national television this Fall which will be available as a series of workout DVDs. A 15-year veteran in the health & wellness industry, Brett has worked with different celebrities including Victoria's Secret supermodels Doutzen Kroes and Karolina Kurkova, supermodel and television host

Veronica Webb and actresses Emmy Rossum and America Ferrera. Brett was also the co-host of *Fit Family*, a reality-fitness show on *Discovery Channel* and has appeared on *The View*, *Good Morning America* and *Fox News*. He is a recurring fitness expert on *The WB-Morning Show* and has been featured in various publications including *Vogue*, *The New York Times*, *InStyle*, *Elle*, *Allure*, *Shape* and *Self Magazine*. For the second time, *New York Magazine* awarded Brett and some of his exercise programs 'Best of New York'.

Brett is also an award-winning group fitness instructor and nationally recognized personal trainer. He holds certifications in Nutrition & Lifestyle Coaching, Metabolic Typing™ Nutrition, C.H.E.K. Holistic Exercise Kinesiology, Personal Training, Hatha Yoga and Pre-Natal/Post-Partum Conditioning. Brett also has an extensive background in biomedical research and martial arts including Afro-Brazilian capoeira and Muay Thai kickboxing.

When not in New York, Brett travels to Los Angeles and Rio De Janeiro Brazil to teach his different classes, work with clients, study capoeira and meet with different health & fitness professionals.





Brett was a workout instructor for Star Jones



Brett co-hosted Fit Family on Discovery's Fit TV



Brett hosted celebrity workout for Discovery's I Lost It!



Brett was guest kickboxing instructor for Brian Kilmeade & anchors



Brett led kickboxing workout for Charles Gibson & Diane Sawyer



Bret is a recurring lifestyle-fitness expert and workout instructor



reVamp® for Brides featured as a bridal-fitness program for brides-to-be



urbanmotion voted "Best Workout" in New York '01



bodyBrasil™ class featured as new workout



vinyasaBrasil™ fusion yoga class featured as new trend



Brett featured as one of the country's top trainers



Brett highlighted as trainer to the stars



Brett's exercise of the month



bodyBrasil™ class featured as new workout

Hoebel Fitness

# Group Exercise Programs

## REV ABS™

Hoebel Fitness is proud to present **REV ABS** - a cutting-edge, ab-defining and body-toning program created by founder, **Brett Hoebel**. This high-energy program combines ab training, interval training and strength training with a spice of Afro-Brazilian capoeira to yield unparalleled results in 90-days. Get ready to rumble...get ready to **REV**!



## fitnessBrasil™

**fitnessBrasil** is a unique series of 'fusion' classes created by founder, **Brett Hoebel**, that blend the Brazilian martial art capoeira, with yoga, kickboxing, conditioning and more. Originally developed in Brazil the 1500s and disguised as a dance, capoeira has evolved into a global phenomenon and fierce martial art. Whether you've done capoeira or not, these energetic & fun classes are for all fitness levels and will leave you with an unforgettable body-mind experience.



## urbanmotion®

**urbanmotion** is Hoebel Fitness' award-winning group fitness program. urbanmotion classes combine *Cardio, Core, Strength, Stretch* and *Balance* to create a natural synergy that will leave your body feeling revived and strong. From capoeira and core-training to kickboxing and yoga, Hoebel Fitness delivers high-energy, fun and informative group fitness classes taught by some of the industry's top instructors. Our commitment to cutting-edge fitness programming is why *New York Magazine* awarded several of our classes 'Best of New York'.



# Personalized Programs

*reVamp*®

*reVamp* is a personalized total-health and lifestyle program that represents the Hoebel Fitness body-mind philosophy. Creator, **Brett Hoebel**, spent over five years researching different cutting-edge health & fitness modalities and combining them into the **reVamp Training System™** that integrates **personal training**, **nutrition counseling**, **fitness assessment** and **individualized program design**. Martial arts, yoga, Pilates and restorative spa treatments are also part of reVamp and help to balance the yin and the yang in the program.

Hoebel Fitness offers different reVamp programs specifically designed for people who want 5-week training Phases, brides & grooms to-be, individuals looking for a jumpStart into training and anyone looking to improve their nutrition. reVamp is not just a program, it's an experience for people to transform health & fitness into mindful, empowered living.



*triPhase*



*Brides*



*Grooms*



*jumpStart*



*nutrition*

# Contact Us

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*...fitness from within*

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