

WELCOME!

Professional Touch Fitness Training Studios offers a variety of health and wellness options to help get you in the best shape possible. Founded by former U. S. Army Sergeant, Nate Griffin, Professional Touch Fitness Training Studios provides fitness instructions, nutrition tips, motivation, private training, group training, workshops, and lectures with emphasis placed on “safety first”. Professional Touch Fitness Training Studios is also the only official home of The Ranger Training Workout System. Created and developed by Sgt. Nate as an elite cross training program with a strong military emphasis, it has become a well sought after training program for outdoor workouts in the Philadelphia area. The current weekly training line up at PTF is The Ranger Training Workout, T’ai-Chi/Stretch, and Basic Self Defense. After Training with Sgt. Nate and his team of instructors, you will soon understand the PTF motto “Don’t make Excuses, Make It Happen”.

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