

"If you are like me, a guy who consistently wants (really needs) to lose 20 lbs. and knows roughly what needs to be done but then keeps starting and stopping and never really reaches the goal, this is the gym for you. The personal training is excellent; the trainers really tailor the workout to your needs and abilities--it's not just someone telling you how much weight to lift and correcting your form. The classes are hard - lose weight get fit hard and the results are fast. I have been screwing around with this for 15 years and I am finally in right place. I would recommend Triumph to anyone who asks."

*Steven L.*

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"I do not consider myself a "gym person" but for the first time in my life I am working out regularly because I feel so at home at Triumph. The owners, Jack and Lateef, are warm and knowledgeable. The space is beautiful (picture a Soho loft with high ceilings and brick walls painted white) and the smoothies from the juice bar are amazing. Plus this place keeps me honest - if I miss one too many classes or training sessions, inevitably a trainer or gym member will check in to make sure I'm okay and to let me know that I've been missed. It's that kind of community feeling and personal touch that keeps me coming back and working out."

*Laura E.*

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"I absolutely love Triumph! I've worked with every trainer and tried almost every class they have and they are all fabulous. It's not your typical gym. It has a much warmer, community vibe than any place I have ever worked out. Lateef has helped me tremendously with my nutrition without ever putting me on a "diet". I almost never skip Damy's classes. Jack's weekend classes are killer, but fun. And of course my favorite trainer, Jason, always keeps me on track. It's a great place and I would equally recommend it to gym rats like me or newbies struggling to lose weight and get fit (that was me)!"

*Kellie H.*

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"This year, my husband and I, along with a nonprofit arts organization, helped organize an art event which Triumph graciously hosted. 150 people came to the space to enjoy works by Brooklyn artists, as well as locally-produced beverages and treats. It was a treat to get to work with co-owners Jack and Lateef, who set a warm and welcoming tone in their space always."

*Eleanor T.*

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"The space is clean and attractive & the cafe is a bonus, but what really makes this place special are the people. Not only are the trainers top notch, but the entire staff has gone above & beyond to take care of me. You will love these guys!"

*Sarah W.*

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"This place is real hidden gem! The space is lovely -- very open and very clean -- not jammed up like other gyms in the neighborhood. Makes you actually WANT to go to workout! The staff is very professional, yet friendly. The owner also has great taste in music to work out to. Be sure to check this place out."

*Steve M.*

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"What a place! I really cannot say enough great things about Triumph. It is a one stop shop for wellness. They have great classes, personal training, massage, acupuncture, kid's martial arts, smoothies and more! The owners are amazing; they are always looking to partner with local businesses. They really believe in community spirit which is just what this neighborhood needs. If you are looking for more than a gym this is your place!"

*Katie S.*

"I just want you to know how much I enjoy your gym and all that you guys do. The classes are great, the instructors are really knowledgeable/hands-on and I love the individualized, comfortable vibe you guys have. I actually found my favorite yoga studio, Kula, through a video you did. I had been searching for a studio in NYC since I'd moved here four years prior and as soon as I visited Kula, I knew it was exactly what I was looking for. The running group was also totally great and I really enjoyed getting to know Jessica and Meghan and developing a running program. So, I wanted to thank you for this great gym and community you've worked hard to create."

*Kate J.*

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"Triumph Fitness is an awesome gym with awesome trainers. Very family oriented, fun, never boring or routine, great owners...a lot fun to be around. I'm so happy I found it!"

*Tina D.*

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"I just wanted to thank everyone at Triumph for a great year and a half of training. I especially enjoyed Jack's boot camp and BGTT classes as he is so much fun and a great motivator. I had to move to Omaha Nebraska (randomly there was a Triumph Facebook post about Omaha!) for three years to complete my neurology residency. I hope to be back to Brooklyn in three years and look forward to seeing how the gym has grown by then. Thanks for the tight ass! "

*Rebecca T.*

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"Today was my first day working out at my new gym in Washington D.C.. My trainer was impressed with all exercises that I was able to do with no problem at all! Thanks for making me strong Triumph!

It was great being able to show them that I'm used to tough workouts. You made their job easy because I've done everything! "

*Geniene E.*