

D1 Training Facility Opens In Robinson Township

Pittsburgh West



Robinson Township, Pennsylvania Jan 22, 2022 ([Issuewire.com](https://www.issuewire.com)) - D1 Training Pittsburgh West, a leading fitness concept utilizing the five core tenets of athletic-based training, recently opened its doors in Robinson Township, PA. The group fitness facility employs a sports-science-backed training regimen led by certified trainers to help people of all ages and fitness levels achieve their sport and fitness goals. D1 Training Pittsburgh West is owned and operated by Pittsburgh native and resident, Michelle Benigni. "Anyone who has a goal can work out here," says Benigni. She joins a roster of impressive existing franchisees and owners, some of whom include professional athletes such as Peyton Manning, Von Miller, Chris Paul, Tim Tebow, and Michael Oher.

The new D1 Training facility is managed by Tyler Dzadovsky. Tyler is a Pittsburgh native and has been in the fitness industry for 15 years. His passion for fitness began at a young age when he started training for high school sports. Tyler broke into the fitness industry in 2007 as a fitness consultant for Gold's Gym, and over a few years worked his way up to General Manager. Tyler has shaped his professional career by focusing on the member experience, creating community, and helping people live healthier more active lives.

"I'm excited to be a part of D1 Pittsburgh West," said Dzadovsky. "I am really focused on helping our members achieve their goal, whether that's athletic-based or just someone looking to reach a certain fitness goal. Our professional coaches will help anyone with any goal at any fitness level. At D1, you're not just a member, you are a part of the D1 family."

D1 Training Pittsburgh West offers various program options for different age groups; Rookie (ages 7-11), Developmental (ages 12-14), Prep (ages 15-18), Adult (boot camp), Personal Training, Team Training, and Sport Specific Training. Each fitness program is based on D1's 5-Star Training philosophy incorporating dynamic warm-up, performance, strength, core, conditioning, and cool down. In addition, every workout is expertly designed by D1's National Training Panel, led by a certified personal trainer. The program includes utilization of the latest science in training and physiology, 1 on 1 goal setting, and tracking of results, along with adaptable and personalized workouts.

Founded by former NFL player, Will Bartholomew, and based in Nashville, D1 Training is strategically expanding across the country through franchising. Currently, there are 61 locations open with more than 125 locations in development. For more information on D1 Training, please visit <https://www.d1training.com/pittsburgh-west/> and <https://www.d1training.com/>.



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