

Elevated by Amy Brings Personalised Private Functional Training to Zurich's Busy Professionals

Elevated by Amy is redefining the personal training experience for busy executives, entrepreneurs and professionals seeking a more flexible, discreet and personalised approach to fitness.



Zurich, Switzerland Aug 17, 2026 ([Issuewire.com](https://www.issuewire.com)) - Based in Zurich, Elevated by Amy provides private functional training designed around the individual, making it easier to stay strong, mobile and consistent despite the demands of a busy lifestyle.

At the heart of the brand is Amy's belief that effective coaching begins with understanding the person behind the goal. Every client starts with a private consultation, allowing Amy to understand their lifestyle, priorities, expectations and personal fitness objectives. This information forms the foundation for a tailored programme that fits naturally into the client's routine.

As a private personal trainer in Zurich, Amy offers a highly personal service for clients who value privacy, flexibility and individual attention. Sessions can be arranged at home, in an office, hotel, private gym, suitable training facility or outdoors. For clients with demanding travel schedules, coaching support may also be available while travelling within Switzerland or internationally upon request.

The training approach focuses on functional movement and practical, long-term fitness. As a functional

fitness coach in Zurich, Amy creates personalised sessions that support strength, mobility, balance and overall well-being. Rather than following a one-size-fits-all routine, each programme is adapted to the client's abilities, lifestyle and goals, with ongoing support to encourage sustainable progress.

Elevated by Amy is particularly suited to professionals whose schedules can change quickly. Amy's background and experience in working with discretion, flexibility, adaptability and attention to detail support a coaching experience that is designed to work around the realities of modern professional life. The aim is to remove unnecessary barriers to regular exercise by bringing private coaching to environments that are convenient and comfortable for the client.

The brand's approach combines structured guidance with a personal understanding of each individual. Whether someone wants to improve general fitness, build strength, support mobility or establish healthier long-term habits, the focus remains on creating a realistic and consistent path forward.

Elevated by Amy also provides a multilingual service environment, with coaching available in English and French, alongside basic German. Based in Zurich and serving surrounding areas, the business continues to offer a premium private training experience centred on personal attention rather than crowded classes or generic fitness programmes.

With a commitment to personalised coaching, flexible locations and long-term well-being, Elevated by Amy offers a thoughtful option for people seeking fitness support that adapts to their lives. Clients can begin by booking a private consultation to discuss their goals, schedule and the type of coaching experience that best suits their needs.

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Social Media:

<https://www.instagram.com/aminatabz>
<https://elevatedbyamy.wordpress.com/>
<https://medium.com/@elevatedbyamy>
<https://www.reddit.com/user/ElevatedbyAmy/>
<https://ch.pinterest.com/elevatedbyamy/>
<https://www.youtube.com/@elevatedbyamy>
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