

Lauren & Ross Metheny

MANHATTAN, KS FRANCHISEES

Lauren and Ross are fitness enthusiasts and franchisees of Eat The Frog Fitness Manhattan, KS studio. They both come from a long background in fitness having played sports at a collegiate level and also working for collegiate teams after graduating.

The Metheny's are unique franchise owners since Lauren is the head coach. Lauren actually learned about Eat The Frog Fitness when she was hired on as the head coach in the Cumming, GA studio. She knew then, she wanted to open her own studio back in her hometown. After working out the details with her husband Ross, they decided that he would tackle leading the business while Lauren continued as the head coach.

They spend their days inside the studio, very hands-on in the operation but have built an incredible sales and coaching team for support.



1 A DAY WITH ROSS

Ross handles the day to day operations of the studio. He spends a majority of his day reviewing budgets, running reports to review member retention and sales goals, and connecting with members as they come in for their sessions.

7:00 AM Wakes up his son Jaxson and gets him ready for the day.

8:00 AM Ross heads into the studio and takes care of the daily operations. He reviews the budget, runs reports from Club Ready to review member retention and sales goals, troubleshoots member needs, and welcomes new prospects into the studios.

1:30 PM Meets with Lauren to plan events, social media posts, and anything else coming down the pipeline for the month.

3:30 PM Spends the rest of the afternoon mingling with members to build relationships, and prep for the next day.

TBD Takes a session! Whether it's coach-led or virtual in-studio, taking a session every day allows for added interaction with members, and shows that they value and stand behind the programming.

2 A DAY WITH LAUREN

When she's not managing the social accounts and daily tasks, Lauren is the head coach at the Manhattan studio. She is passionate about fitness and enjoys being able to take her background in sports/fitness to help their local community reach their fitness goals.

3:30 AM Wake up call! Get's ready for the day, preps coffee, and leaves the house around 4:20 to get into the studio.

5:00 AM Coaches the 5:00am and 6:10am sessions before heading back home around 7:20 to get her son ready for the day and drop him off at daycare.

8:30 AM Back at the studio in time to coach the 8:30 session, and then sticks around the studio mingling with members as they come in and taking a session herself before coaching the 11:00am fit assessment.

1:30 PM Meets with Ross to plan events, social media posts, and anything else coming down the pipeline for the month.

3:00 PM Heads home to prep for the evening and pick her son up from daycare.

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