



DAY-IN-THE-LIFE

JULIE GREEN - BROADLANDS, VA

Bio: Julie came to Eat The Frog with over 28 years in the fitness industry. She's held positions as Group Exercise Director in various big box clubs, and has taught many different formats over the years, including weight lifting, Kickboxing, HIIT and Pilates. Julie and her husband Travis opened their Eat The Frog Fitness location in Broadlands, Virginia and have never looked back. They spend a lot of time in the studio connecting with their team and their studio members, and love the community their studio has built!

8:00am

Each day varies a little bit depending on the needs of the studio for the day, but I tend to get up and fix myself a veggie omelet before heading into the studio.

10:00am

Once I get into the studio, I meet with the team to plan our day (and sometimes week) out. We brainstorm different events, challenges, and do business development as a team.

11:00am

After we have a brainstorm meeting, I stay in the studio to jump on calls with different members, prospects, and vendors to answer any questions they may have, and to get any answers to questions I may have.

12:00pm

Around noon I hop on and check my emails to stay caught up! I am in touch with our social media partners to try and get them the content that they need, and I am constantly researching other ways to market our studio.

1:00pm

Depending on the day I try to take a little time and head home for lunch before I return to the studio.

5:00pm

After a small break in the day I like to return to the studio for the evening sessions to engage with our members, help build our community, and help our team clean the studio. If I can catch a break from all of that, I answer missed calls and respond to any outstanding emails.

9:30pm

I usually get home around 9:30pm. We are blessed that our older boys prepare dinner prior to us getting home, so we eat dinner and wrap up the night with some television!

"What drew me to franchise with Eat The Frog was how functional the workouts were, and how they were truly geared toward all fitness levels! The workout design allows for less time at the studio and quicker results for heart health, weight loss, body toning, sports conditioning and core strength. The community/family feel that so many people love about small group training is priceless at Eat The Frog. We have a good time at the studio and often spend quality time with our members outside of their training sessions!"

