

## A Seamless Transition from Trainer to Owner



FEATURE

**A**fter dedicating nearly two decades to a sales career that required extensive overnight travel, Josette Rose left her job to be home with her husband and their three children. Initially, the change of pace was challenging for Rose, who was used to being busy all of the time, so when she came across a Jabz Boxing trial offer, she rounded up several friends and attended her first Jabz Boxing class.

Within 30 days, Rose was hooked. The classes brought about quick results, transforming her both physically and mentally. She loved experiencing such positive changes without having to spend hours at a gym. Within six months, Rose accepted a part-

time position as a Jabz Boxing trainer, which provided the family work balance she needed.

In 2020, after enjoying several years as a trainer and seeing her clients transform, Rose decided to open her own Jabz Boxing studio in Arcadia, Arizona. Because she already understood the Jabz concepts, systems and workouts, the transition from trainer to owner was seamless. Two years after opening this studio, Rose opened her second Jabz Boxing in Old Town Scottsdale, Arizona.

Jabz Boxing studios offer circuit-based training with a boxing component, and clients of any age, size or fitness level, even pregnant or post-injury, can participate in the classes with modified options. Clients get

individualized workouts tailored specifically for them. Additionally, each workout focuses on different parts of the body and no routine is ever the same, so clients experience different exercises every time – and that’s key to getting faster results, Rose said. The boxing component makes the system work even better. With a variety of punching bags to work with, each routine will incorporate 500 to 800 punches, even on days focused on leg exercises.

As an owner of two Jabz Boxing studios, Rose enjoys helping clients establish and achieve their individual goals, while watching them gain more energy, confidence, and feelings of empowerment after each workout. By having such small boutique fitness studios, Rose said she really gets to know her clients and trainers, and she appreciates the camaraderie and community that has developed under her leadership.

For more information on Jabz Boxing, visit [jabzfranchising.com](http://jabzfranchising.com).

—Cindy Charvitt



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**BOXING**  
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