

COMPTRAIN | GYM

Call & Connect Opportunities for Comptrain Gyms

Weekly Office Hours | [LINK](#)

Jump in to this weekly free-flow conversation with Jamison and other coaches. We're here to discuss programming, lesson plans, and any other CompTrain Gym related questions you might have!

Monthly Calls w/ Ben | [LINK](#)

While each month's focus varies, you can expect the following items on the agenda:

- CompTrain programming philosophy communication
- Business development content
- Coaches development content
- Q/A with Ben & the CompTrain team
- Monthly call to action

*Please feel free to invite your coaching team to attend with you.

New Gym Intro Call | [LINK](#)

New to Comptrain Gym? I'm here to help. Let's connect as you're getting started.

- Comptrain programming methodology
- Using Comptrain Gym to increase attendance & retention
- Open Q&A