

Way of the Wolf

definitely NOT just for the “elite”, or someone that participates in a specific sport. We have experts, we have beginners- on a daily basis we have people of all fitness levels and widely varied goals training together and learning from each other. We appreciate a humble attitude, hard work, and a desire to learn and improve, regardless of what kind of package that comes in. In our gym, as in life, people overcome challenges every day; regardless of fitness or skill level, that breeds real respect and solidarity amongst them.

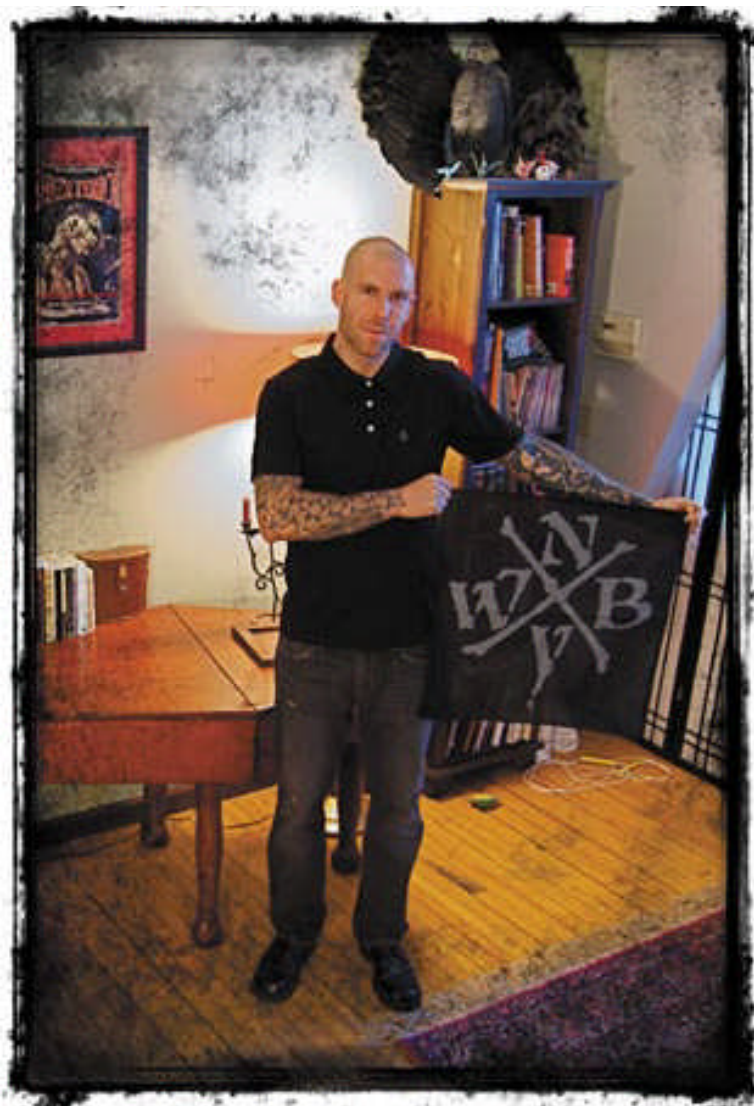
3. What is your background in sports & fitness?

I rode BMX from the time I was 11, and did so professionally for a while as well. I ended up working in the BMX industry both as an employee and company owner, and during my time doing so in California, started training seriously in Muay Thai and Submission Fighting. I got very lucky in 2002 to find a gym in Long Beach that added a great fitness & strength component called “CrossFit” to the martial arts side.

I have been training in all those things since, and love every minute of it. I've fought Muay Thai, competed in many grappling tournaments, and worked very hard for a long time to develop a fitness program that my Coaches in California would be proud of. I have been training people since 2004.

4. What makes Wolf Brigade different from other gyms?

In simplest terms, by providing the attention to important details that can



We sat down with local gym owner Greg Walsh and asked him 10 questions to better understand what makes his training, gym, and approach to fitness unique.

1. Let's start simple: who are you, what do you do, and why should people care?

My name is Greg Walsh. I am a Strength & Conditioning Coach, martial arts trainer, and own a gym called Wolf Brigade. We want people to be truly strong, fit, healthy, and adaptable to anything life throws at them, and we are the best in the region at helping all kinds of people reach those goals.

2. Is your gym just for athletes, martial artists, etc?

Well, in our eyes everyone that trains with us IS an athlete. Our gym is

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only come with experience and refinement. We are not "painting by numbers". We know what we're doing, why we're doing it, and how to make it work best for every specific person. Many gyms that are "similar" to ours are following a prescription that they may not understand, and that can be both dangerous and limiting to a member/athlete. We start by building the strongest possible foundation, and continue to build only when the fundamentals are tried and tested. In addition, we are not focused on "winning" any given workout.

Speed is never a substitute for form.

5. Is the environment something that will intimidate the "average" gym-goer?

Possibly at first glance- there are days that I'm intimidated in there! I have trained all over the place and with all sorts of people and the ones we have are truly the most supportive, cooperative, and respectful group I have seen. We feel that fitness/ preparedness/ personal defense/ wellness are all firmly rooted in the mental/ psychological side of things, so we do our best to have our concept and environment transcend just "working out". There is nothing to be intimidated by, unless you have a huge ego, don't want to work hard, or will be put off by strong, confident, capable people...

6. What is one piece of advice you would give someone in terms of staying healthy & fit on a daily basis?

Diet and rest are more important for general well-being than any amount of physical training. The physical side is very important, but if

you eat nothing but sugar, starches, and processed foods, get minimal sleep, and drink more coffee/ alcohol than water, you will just be spinning your wheels. The destination of real "fitness" is only reachable if the vehicle taking you there is cared for.

7. Are you a full-time trainer? What is your next goal with Wolf Brigade?

Running the main gym and our satellite location at DFC is more than a full-time job right now. In addition to that I am a writer, and have just finished my first longer piece of fiction. My brother and I also own companies called "Coalition BMX" and "Hell on Earth", which is a clothing brand. As for the next step- we are releasing instructional DVD's for Kettlebell Lifting, Bodyweight Movements, and "Odd Lifts" (Hammers, Maces), just launched our Athlete & Instructor "Subject Matter Expert" programs, and are beginning the process of developing Wolf Brigade satellite locations that we'll call "Chapters".

8. Do you have a mission statement for the gym or any final thoughts?

Thank you for your interest. Please come visit us and say hello at the Wolf Brigade x DFC "Zoo Fitness Challenge" at Seneca Park Zoo on August 4th at 6pm!

It doesn't matter if it is with us, but step outside your comfort zone exercise-wise. It will be time well spent, and likely very rewarding!



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