

Jay: My name is Jay Viola. Let's see, I've been training at Robot I think, pretty much about three years. When I first ... I moved here to Los Angeles from Las Vegas about three and a half years ago and I checked out a few different gyms. I moved around a little bit and then I ended up here about three years ago.

I've been training for about ten years. I'm a Brazilian jiu-jitsu brown belt. I've competed in numerous jiu-jitsu tournaments, No-Gi tournaments and MMA fights. For me, looking for a gym these days is a little different than it was in the beginning, you know what I mean? I have some experience these days, so I come in ...

Robot's really great. It has a great mix of you know ... Obviously it's a great facility. It's huge. You have, you know, plenty of mat space. Plenty of bags. The ring. The whole strength and conditioning area, so all that plays a big part of why I choose a gym, but more importantly for me I look at the instructors and mainly, coach David and coach Tim were you know, both ... I could tell right off the bat knew what they were doing and had phenomenal ways of getting their instruction across.

I'm 41 years old now, so it's difficult being able to get the amount of training I need to stay in shape, stay on top you know, of my nutrition and everything else. Another thing I love about here is, coach Tim is phenomenal with like, stretching, and the whole, the body as a whole and how to prepare it and how to keep it intact and in shape and for somebody my age that's trying to compete at this level, that's really important, so that's huge for me.

I love the fact that Robot really caters and makes it really comfortable for a lot of you know, newer guys or people that are less experienced that want to come in, start at the bottom and start with some intro and basic classes and then kind of work their way up and kind of have the guys like me and the other you know, competitors as inspirations and kind of see what they can get and we're all ... Everyone is super friendly here, like I see new guys come in and I have no problem talking with them and working with them. All the other guys too, so it's really a very comfortable, friendly environment which is great.

A lot of gyms might have one thing specifically that they're great at. Part of the reason I love Robot is that we're just so well rounded in everything, from the facility itself, it's beautiful. I wouldn't want to give that answer because really, you can get and you can learn anything, anywhere, so that wouldn't be my number one answer and I love the community and camaraderie and the friendships and the bonds that we built, but if I had to say one thing for me, probably, probably the coaching. Probably the instructors. Coach Tim and coach David in particular.

Just a wealth of knowledge and they're willing to share everything with you and the way they break down things and really care about everybody, from the guys that walk into the gym from the first day to the fighters that are, you know, competing all the time. Do yourself a favor. If you're in the market for a gym or new gym, if you're starting out or at any level, come check out Robot Fight & Fitness. You won't be disappointed.

To be honest with you, I have certain things that I do, like very few restaurants, or like people like healers or doctors and stuff like that I actually, or gyms that I use and I use the best of the best. I've gotten referrals and I only refer certain people to certain things. This gym is definitely one of them, so if you're in the market for a gym, even if you're not, do yourself a favor and come check out Robot.