

# GYMGUYZ®

#1 in Home Personal Training®

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10 AM	8:30 AM	8:30 AM	8:30 AM	8:30 AM	8:30 AM	10 AM
The Pancake - Core Training with Mitch!	Zentastic Yoga with Kate!	Cardio Body Burn with Coach Joshua S!	Margie's Morning Zen.Yoga with Margie!	Stretch and Tone with Alexa K!	Total Body Blast. Coach Matthew!	Weekend POWERYOGA - Margie!
1PM	6:30 PM	6:30 PM	6:30 PM	6:30 PM	6:30 PM	1PM
Sunday ZumbaFest with Galiya!	Lower Body Bootcamp with Jeremy!	Core and Upper Body Blast with Coach Troy!	Total Body Barre With Allison!	Guts and Butts with Christina!	Fri-Yay Zumba with Coach Crystall!	Booty Boost with Coach Crystal!

PLEASE JOIN US AT **INSTAGRAM LIVE** FOR OUR **FREE 30-MINUTE VIRTUAL CLASS**. TWICE DAILY FEATURING OUR AMAZING LOCAL COACHES.

**#GYMGUYZBERGENCOUNTY\_GC**

**WEEKDAYS AT 8:30AM AND 6:30PM. WEEKENDS AT 10AM AND 1PM! BE YOUR BEST SELF!**

Call us at 201.881.8284! Let this be the year you make it happen!

[www.gymguyz.com](http://www.gymguyz.com)