

Classes Start
June 27 at 7:15!!

JUST BY DOING
**45
MINS**
OF EXERCISE 3X A
WEEK CAN RESULT IN
CELLS SHOWING
FEWER SIGNS OF
AGING.

FREQUENT
EXERCISERS
EXPERIENCE
65%
BETTER
NIGHT'S SLEEP.

CHANGE YOUR LIFE FOR THE BETTER.

WE ARE FROM THE MINDSET THAT EXERCISING SHOULD BE CONVENIENT,
CUSTOMIZED AND CREATIVE. COME SEE FOR YOURSELF AT

Total Body Fitness Classes. Mondays in July and August 7:15 – 8:15pm.

Edgewater Community Center, 1167 River Rd. Edgewater, NJ 07020.

8 classes for \$120 over 10 weeks starting 6/27 through 8/29. Cash, checks, and CC accepted payable to 'GYMGUYZ'.

COME ONE, COME ALL! PLEASE BRING YOUR OWN TOWEL & MAT!

1-855-GYM-GUYZ / www.gymguyz.com

GYMGUYZ