

# GYM GUYS™

## Fitness Classes



Call to reserve a spot!

LOSE WEIGHT AND FEEL GREAT!!  
\*ELIMINATE BODY FAT  
\*IMPROVE ENDURANCE  
\*STRENGTHEN & TONE  
\*INCREASE MUSCLE TONE  
\*BOOST YOUR CONFIDENCE AND FEEL GREAT ABOUT THE WAY YOU LOOK!

**516-627-4700**  
[www.gymguyzfitness.com](http://www.gymguyzfitness.com)  
[info@gymguyzfitness.com](mailto:info@gymguyzfitness.com)

CORE STRENGTHENING  
OBSTACLE COURSES  
CARDIO KICK BOXING  
AGILITY DRILLS  
MUSCLE TONING AND STRENGTHENING

**\*ALL INDIVIDUALS OF ALL LEVELS INVITED!!\***  
**ONLY \$25 FOR AN HOUR CLASS!!**

LOCATION:

**VFW Hall**  
(Next to Syosset Post Office)  
**20 Queens Street**  
**Syosset, NY 11791**

**\*\*EVERYONE MUST BRING THEIR OWN MAT !!\*\***

**CLASS TIMES**

**MONDAYS 9:15AM-10:15AM**

**THURSDAYS 7:00PM-8:00PM**

**(More days and times to be announced)**

Ask About Our Individualized One-On-One sessions at the setting of your choice!