

North Shore INTERVIEW

Gym Guyz (516) 627-4700

To get results at an average gym, you need dedication, motivation and an overwhelming drive to get off the couch. If you have been trying to shed those irritating pounds but lack one (or all) of the above qualifications, then maybe it's time to try something different—it's time to try Gym Guyz and finally get results.

Gym Guyz is a privately owned team of certified personal trainers with the focus on individualized one-on-one fitness. Working with his brother Jason York and Chris Thienachariya, owner and head trainer Josh York has more than 10 years experience in the fitness industry. "Fitness is not a hobby for us, it's a lifestyle. Regular exercise not only reduces cholesterol but releases tension and stress. We really believe in what we're doing and we really enjoy helping people learn lifelong habits that will keep them looking and feeling their best," said Josh. "We founded Gym Guyz so we could make our clients' goals a reality."



What makes Gym Guyz so unique is that they bring fitness to you. "We load up our van with all the tools necessary to get you in shape in the comfort of your own home, office or setting of your choice," explains Josh. "We can even plan your workout in a park setting. We work with all individuals at all levels too, regardless of experience, age or ability." Since the Guyz bring the gym, all you have to do is open the front door and get ready to look and feel great.

Boredom can be the death knell for any workout program but that is never a problem with the individualized one-on-one sessions by the Guyz. "We never let our workouts become routine," said Josh. "We make staying in shape fun and incorporate all different elements in our various programs." Sports conditioning will keep golfers, basketball players and athletes of all kind at the top of their game. Boot camp/kickboxing burns 600 calories every exciting and energizing session. For soon-to-be and new moms, the pre- and post-natal exercise program reduces anxiety and can provide a quicker labor and recovery from birth. "Our senior fitness program is great," said Josh. "In addition to making seniors look and feel good, exercise will improve mood and can even lower the chances of injury."

Working with these personal trainers will encourage you to stick with a consistent exercise program and the Gym Guyz will find the right exercise techniques to get you in your best shape. The first appointment with the Guyz is free and includes a body assessment, a discussion about your goals and then developing a routine and program designed just for you. Each client's progress is carefully monitored by assessing their fitness goals, calorie intake and measurements. "We are completely confident in the results that we can achieve together. If you use us once, you will stay with us," said Josh. "Let us help you feel good about yourself."

Let Gym Guyz help you get into the best shape of your life—call for a free fitness assessment and more information.

- Catherine Napoli