



G-WERX WORKOUT PROGRAM

PROGRAM HIGHLIGHTS

Led by Certified Fitness Trainers
 Machine and Free Weight Exercises
 Core, Balance, Flexibility Exercises
 Cardiovascular Exercise Elements
 Individualized Exercise in Small Group
 Groups up to 10, Open to All Levels
 Affordable Trainer Time Share Model
 Safely Executed Exercise Technique
 Group Support & Encouragement

EQUIPMENT

Versatile G-Werx® Gym
 Free Weights
 Functional Exercise Tools

FORMATS

45, 60 & 90 Minute Work-out Plans
 1 to 5 Day Per Week Programs
 4, 8, 12 Week Purchase Options
 Punch Card (Drop-in) Options



PROGRAM BENEFITS

- * Enhanced Muscle Tone (Look Slim)
- * Burn More Calories (Lose Weight)
- * Higher Metabolism Rate (Lose Weight)
- * Improved Cardiovascular Health (Healthy Heart)
- * Increased Energy/Stamina (Perform Stronger)
- * Healing of Nagging Injuries (Pain Relief)

More Confidence & Improved Well Being (Feel Great)

