



DEAR OCTOBER WE'RE GOING TO MAKE YOU AWESOME!

The time is now! It's never too late to improve your health with exercise. The best time to start is today

GYMNAVIGANS OCTOBER FITCAMP
(Bring a Friend get ½ Off)

Boxing Fitness – Strength Training – Flexibility -

It's time to box! Well, we do that everytime we walk into Gymnavigans, so let's continue the journey of building our upper body strength, along with strong glutes and abs while increasing our energy

Have you stopped & started a workout program more than once? Maybe you need to change your workout location...try something different, it's ok

Bundle includes:

Rate: \$150 for all sessions

-All classes include studio workouts -Fight2Be Fit Meal Plan

New clients please complete registration at <https://gymnavigans.ptminder.com>, then select the bundle or individual classes plus the group time. **\$150 or \$15/class**

Class time options: 5:00am, 6:00am, 12:15pm, 5:30pm, 6:30pm

Thank you for considering Gymnavigans

Week 1

**Wed & Fri
October 2nd & 4th**

Week 2

**Mon-Wed-Fri
October 7th, 9th & 11th**

Week 3

**Mon-Wed-Fri
October 14th, 16th & 18th**

Week 4

**Mon-Wed-Fri
October 21st, 23rd, 25th**

Week 5

**Mon-Wed
October 28th, 30th**

On-going Online Training utilizing Skype or Zoom and 1:1 In-person Studio Personal Training services

See private training schedule <https://calendly.com/gymnavigans>

Private Session Special (3 sessions / \$100)