

CLASS STRENGTH WITH CLASS™ STRENGTH WITH  
**501FIT™**



**G-WERX GROUP STRENGTH™**

**PROGRAM HIGHLIGHTS**

Led by Certified Fitness Trainers  
Machine and Free Weight Exercises  
Core Strength, 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

[www.501FIT.com](http://www.501FIT.com) | [www.gwerx.com](http://www.gwerx.com)



**STRENGTH TRAINING BENEFITS**

**DO YOU WANT?**

- Enhanced Muscle Tone (Look Slim)
- To 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 & Well Being (Feel Great)

**DO YOU ALSO WANT?**

- Stronger Bones
- More Core Stability
- More Core Strength
- Greater Flexibility
- Improved Balance
- Enhanced Coordination
- Better Sleep

**YOU CAN HAVE IT ALL**

*with*



**PLUS**

- Affordable Small Group Strength Training Rates
- Proven Strength Training Exercise Structure
- Training System that Creates Accountability
- Personal Autonomy in a Small Group Format
- Group Support and Encouragement
- Safe & Highly Effective Exercise Routines