

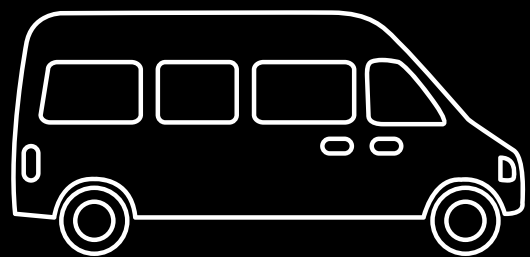
# FITNESS CLASSES INCLUSIVE FOR ALL ABILITIES!



Our fitness classes are designed to be inclusive for all abilities! We embrace each individual in their journey of health and fitness, and modify accordingly for each class member.

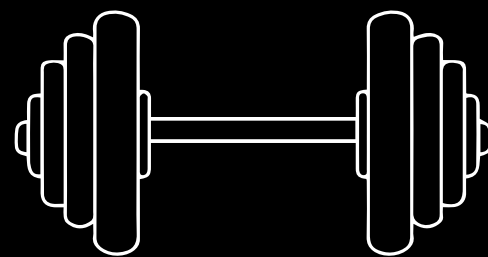
Our 45 minute exercise class is programmed with exercises and stretches to help improve balance, flexibility, core, mobility, and strength.

We want each class member to experience all the benefits of health and fitness including calmness, confidence, and better quality of life.



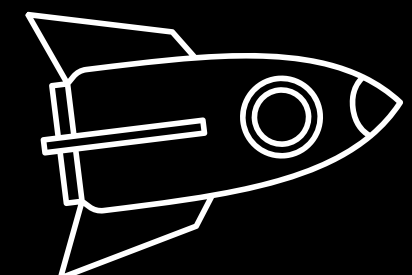
## CONVENIENT

We come to your location for classes or anywhere comfortable for your group!



## CUSTOMIZED

We program our classes based on the goals of each individual in the class.



## CREATIVE

Engaging and fun with new exercises to help achieve results.

# PROGRESS + RESULTS = IMPROVED LIFE

Call 303-848-8491 today!

 [www.gymguyz.com/denver-south/](http://www.gymguyz.com/denver-south/)

 [denversouth@gymguyz.com](mailto:denversouth@gymguyz.com)

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