

YOU
CANNOT
FIT
IN
YOUR
SUSPENSE



STARTING
TUESDAY, AUGUST 4

Gold's Gym Youth Fitness

Help your kids to physically benefit from a trip to the gym, just like you!

Youth Fitness Promotes:

- Proper Workout Technique
- Understanding of Workout Equipment
- Building Lifelong Healthy Exercise Habits

Hours:

Tuesday & Thursdays
4:00pm-6:00pm

Saturdays

9:00am-12:00pm

Cost:

\$50.00 per month

\$30.00 per month with multiple children

SEE FRONT DESK FOR DETAILS!