



Garry Matthews, Certified Personal Trainer • [gtrainfitness@yahoo.com](mailto:gtrainfitness@yahoo.com) • (818) 605 - 3424



***Ready to train like an athlete?***

***G-Train Fitness presents Fit-Camp Training – 4 levels of fitness***

***Come join us for our FREE holiday workouts.***

***Everyone welcome. RSVP today!***

**When?**

December 5<sup>th</sup> (Sunday), December 11<sup>th</sup> & 18<sup>th</sup> (Saturdays) from 9-10:00am

**Where?**

World Sports Center (rooftop parking lot)

5101 Lankershim Blvd.

North Hollywood, CA 91601

**What?**

Free outdoor fitcamp workout for all levels; bring water & a towel

**Contact**

Garry Matthews

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