



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



Ready to train like an athlete?

Come join us for G-Train Fitness' Fit-Camp Training.

FREE upcoming workouts for the NEW YEAR.

Everyone welcome. RSVP today!

When?

Saturdays - January 15th and January 22nd, 2011 from 8:00am-9:00am

Where?

World Sports Center (rooftop parking lot behind Citibank)

5101 Lankershim Blvd.

North Hollywood, CA 91601

What?

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

Contact

Garry Matthews

[**gtrainfitness@yahoo.com**](mailto:gtrainfitness@yahoo.com)

(818) 605-3424

(*please call if raining to check status of workout)