

Heroimage will be placed under the nav bar

### Why Join ADZ Fitness?

Get strong: (will contain information on why to join mainly talking about how you can get strong with us with a picture displayed above)

Get healthy: (will contain information on why to join mainly talking about how you can get healthy with us with a picture displayed above)

Get healthy: (will contain information on why to join mainly talking about how you can get healthy with us with a picture displayed above)

### Gym Training schedules

DAY	TRAINING	TIME	...
Monday	Chest & triceps	TIME	...
Tuesday	Back & biceps	TIME	...
Wednesday	Shoulders & Traps	TIME	...
Thursday	Cardio & Fitness	TIME	...
Friday	Legs and Core	TIME	...



### About us

(will contain some about us information here)

### Hours

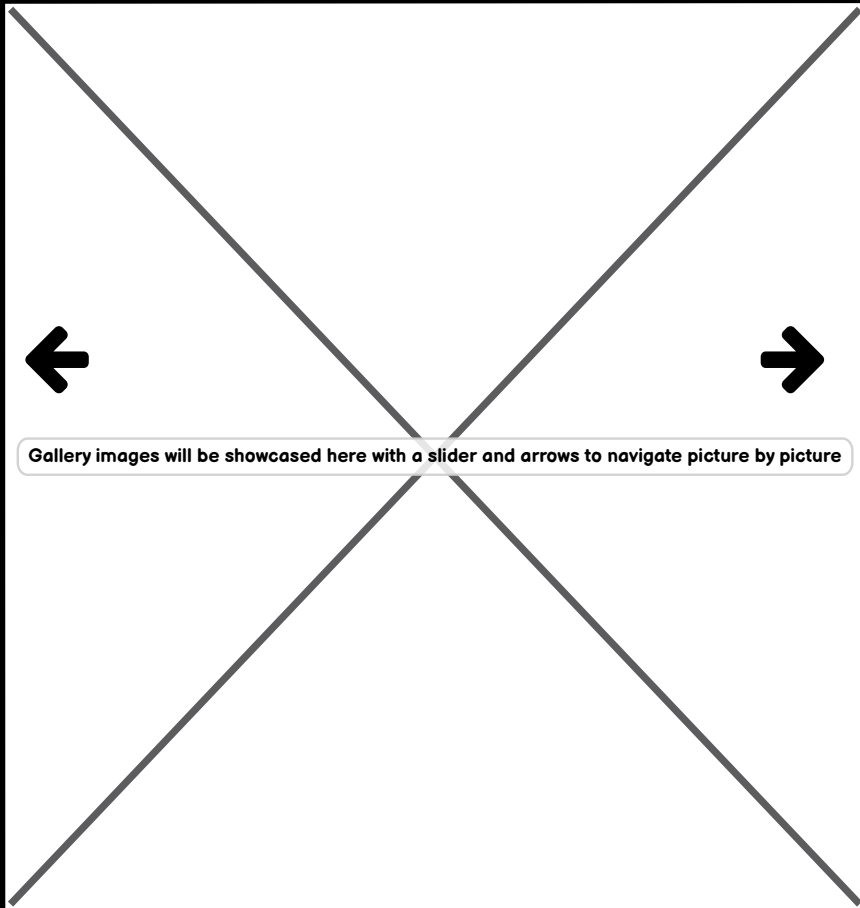
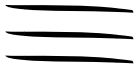
(will contain the opening hours of the gym here)

### Contact

(will contain the contact information of the gym here)



# ADZ Fitness



Gallery images will be showcased here with a slider and arrows to navigate picture by picture



## About us

(will contain some about us information here)

## Hours

(will contain the opening hours of the gym here)

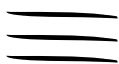
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(will contain the contact information of the gym here)





ADZ Fitness



# SIGN UP

(will contain some information for the new users to sign up if they are interested with the sign up procedure details and what they will gain over here)

Name

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Email

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Address

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Contact Number

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Message

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