



ADZ Fitness

Home Gallery Signup

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 social: (will contain information on why to join mainly talking about how you can get social 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 & Ftiness	TIME
Friday	Legs & Core	TIME











About us

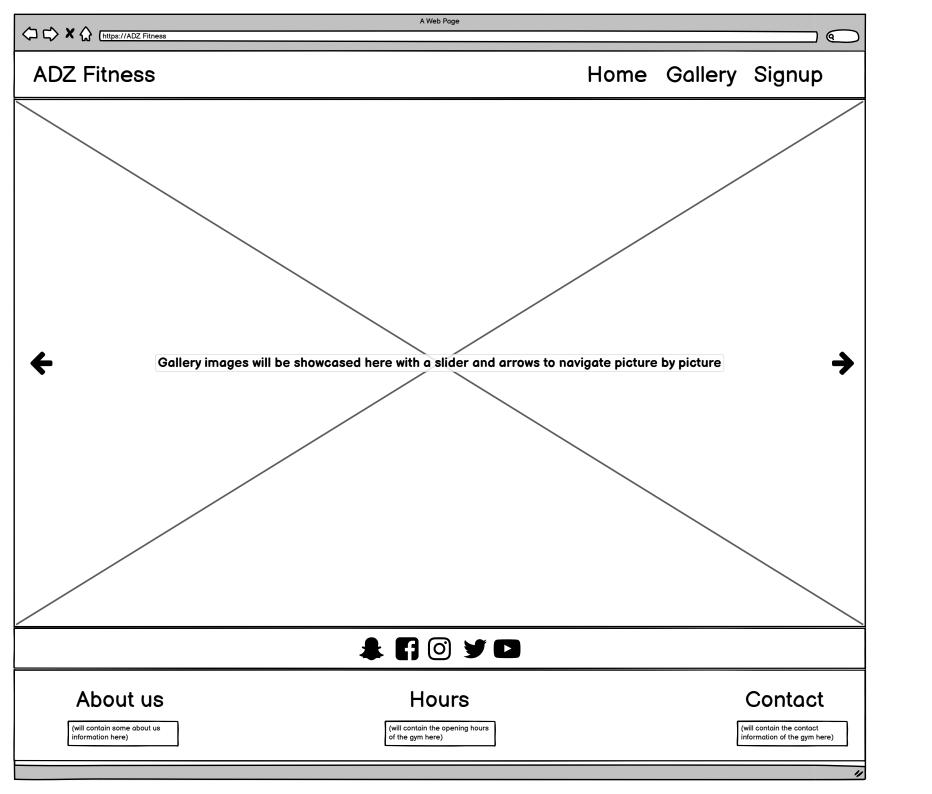
(will contain some about us information here)

Hours

(will contain the opening hours of the gym here)

Contact

(will contain the contact information of the gym here)





ADZ Fitness

Home Gallery Signup

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)

Email Name

Address **Contact Number**

Message

SUBMIT









About us

(will contain some about us information here)



(will contain the opening hours of the gym here)

Contact

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