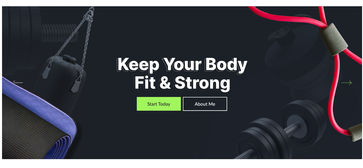
Strengthy

Home | About | Classes | Trainers | News | Contact | Book Class



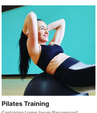
# Keep Your Body Fit & Strong

Start Today | About Me

OUR FITNESS TRAINING

## Upcoming Classes

More Class



### Pilates Training

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### Aerobic Training

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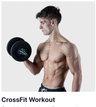

### CrossFit Workout

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ABOUT

## Respect Your Body, It's the Only One You Get

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### Motivation

It Is A Long Established Fact That A Reader Will Be Distracted

### Inspire

Will Be Distracted By Readable Content Using Lorem Ipsum

Get Started

01 Fitnes Taining | 02 Regular Routine | 03 Debt Maintenance | Review on Google

TIME TABLE

## Working Schedule

Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday

| Time | Type | Workout | Trainer |
|---|---|---|---|
| 06.00 - 07.00 | Beginners | Mixed Circuit Cardio Workout | Floyd Miles |
| 07.00 - 09.00 | Advanced | Cross Fit / Pilates | Robert Cage |
| 09.00 - 10.00 | Intermediate | Fit Body | Donald Grey |
| 10.00 - 11.00 | Beginners | Yoga / Athletic Class | Floyd Miles |
| 04.00 - 06.00 | Intermediate | Power Club / Boxing | Kimberly Stone |
| 06.00 - 10.00 | Advanced | Mixed Circuit | Robert Cage |

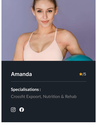
tions Of Passages Of Lorem Ipsum
ipsity Have Suffered Alteration In
d Humour

01 **Nattasha**
Athletics / Trainer
★★★★½
There Are Many Variations Of Passages Of Lorem Ipsum Available, But The Majority Have Suffered Alteration In Some Form, By Injected Humour

01 **Nattas**
Athletics
★★★
There Are
Available
Some For

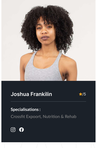
OUR TRAINERS

## We Trained You to Gain



**Amanda** ★/5
**Specialisations :**
Crossfit Exposrt, Nutrition & Rehab

**Madison Froning** ★/5
**Specialisations :**
Crossfit Exposrt, Nutrition & Rehab



**Joshua Franklin** ★/5
**Specialisations :**
Crossfit Exposrt, Nutrition & Rehab

GYM AMENITIES

## The Unique Standard

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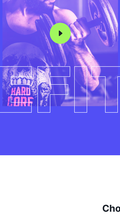


**LOCKERS**
Secure Lockers That Work By You Choosing A Four Digit Code.

**CHANGING ROOMS**
Delicious, Protein Packed Gourmet Shakes That Come In Chocolate, Fruit, Vanilla And More. Water And Snacks Too.

**FUEL BAR**
Mini Towels For Class And Lovely Big Towels For Showers After Class. *Amenities May Not Be Available At Air Studios.

**COMPLIMENTARY TOWELS**
Secure Lockers That Work By You Choosing A Four Digit Code.

**WIFI & RESTROOMS**
Secure Lockers That Work By You Choosing A Four Digit Code.

**HOT SHOWERS & HAIR CARE**
While Your Body Is Connected To Charging, You're Not Alone. The Majority Of People Crank The Handle All The Way Up.

OUR PLAN

## Choose the Program

### Basic

$25 / month
30% Off for Beginners

1 Day Free Trial

20 Minutes Of **Heart-Pumping Spin**
20 Minutes Of Strength Training
**50 Class** Times Available
20 Minutes Of Invigorating Yoga

Get Started

### Standard

$35 / month
Most popular

2 Week Free Trial

30 Minutes Of **Heart-Pumping Spin**
30 Minutes Of Strength Training
**50-Class** Times Available
20 Minutes Of Invigorating Yoga
Unlimited **Crossfit** Classes
One Full Month Free
First 25 New Members Only

Get Started

### Premium

$50 / month
10% Off for Yoga Class

2 Week Free Trial

50 Minutes Of **Heart-Pumping Spin**
50 Minutes Of Strength Training
**60-Class** Times Available
50 Minutes Of Invigorating Yoga

Get Started

## Articles & News

March 23, 2022 | Fitness

### The 10 best exercises to do in your park

There Are Many Variations Of Passages Of Lorem Ipsum Available, But The Majority Have AlterationLorem Ipsum Dolor Sit Amet, Consectetur Adipiscing Elit, Habitasse .

Read More

March 23, 2022 | Health

### The 10 best exercises to do in your park

There Are Many Variations Of Passages Of Lorem Ipsum Available, But The Majority Have AlterationLorem Ipsum Dolor Sit Amet, Consectetur Adipiscing Elit, Habitasse .

Read More

March 23, 2022 | Nutrition

### The 10 best exercises to do in your park

There Are Many Variations Of Passages Of Lorem Ipsum Available, But The Majority Have AlterationLorem Ipsum Dolor Sit Amet, Consectetur Adipiscing Elit, Habitasse .

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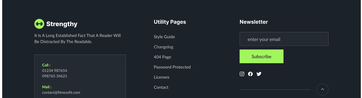

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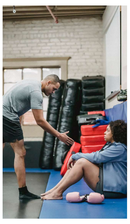
# Start with us the body and mind clensing



WELCOME

## The Story Behind Our Gym

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### Story

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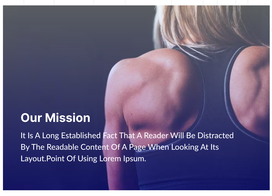

### Our Mission

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### Our Value

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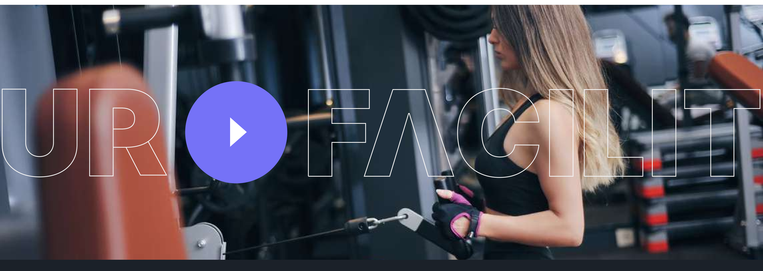


VALUES

## My core work values

Book a Class

### Certified trainer

Bring To The Table Win Survival Strategies Ensure Proactive New Domination.

### Nutrition & diet

Bring To The Table Win Survival Strategies Ensure Proactive New Domination.

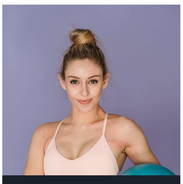
### Years of experience

Bring To The Table Win Survival Strategies Ensure Proactive New Domination.

| 10+ | 500+ | 50+ | 15k |
|---|---|---|---|
| Year of Experience | Happy Clients | Expert Trainers | Instagram followers |

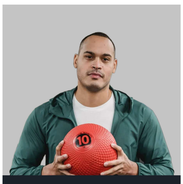
OUR TRAINERS

## We Trained You to Gain



**Amanda** ★/5

**Specialisations :**
Crossfit Expoort, Nutrition & Rehab



**Madison Froning** ★/5

**Specialisations :**
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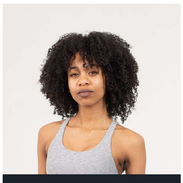

**Joshua Frankilin** ★/5

**Specialisations :**
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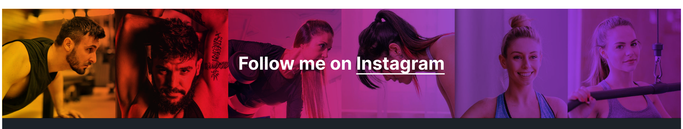


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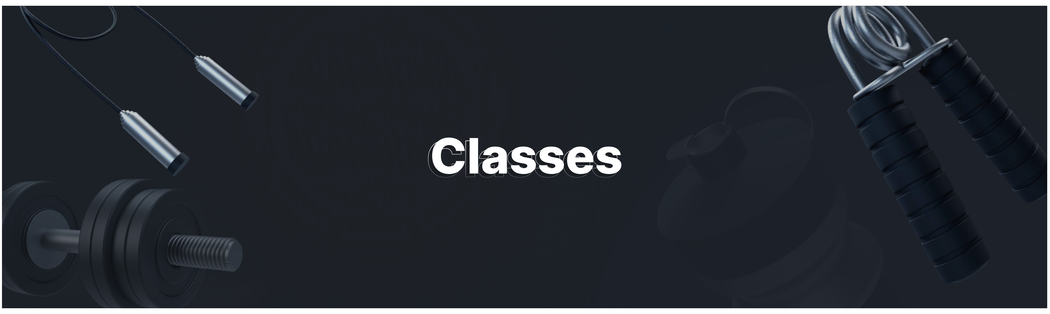

# Classes

OUR TRAINERS

## We Trained You to Gain

### Pilates Training

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### Aerobic

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### CrossFit

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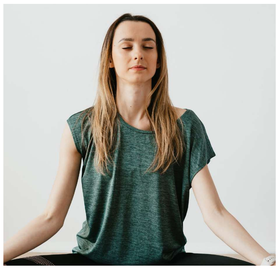

### Yoga As Therapy

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### Boxing

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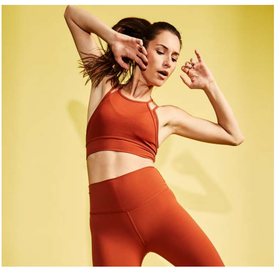

### Energy Dance

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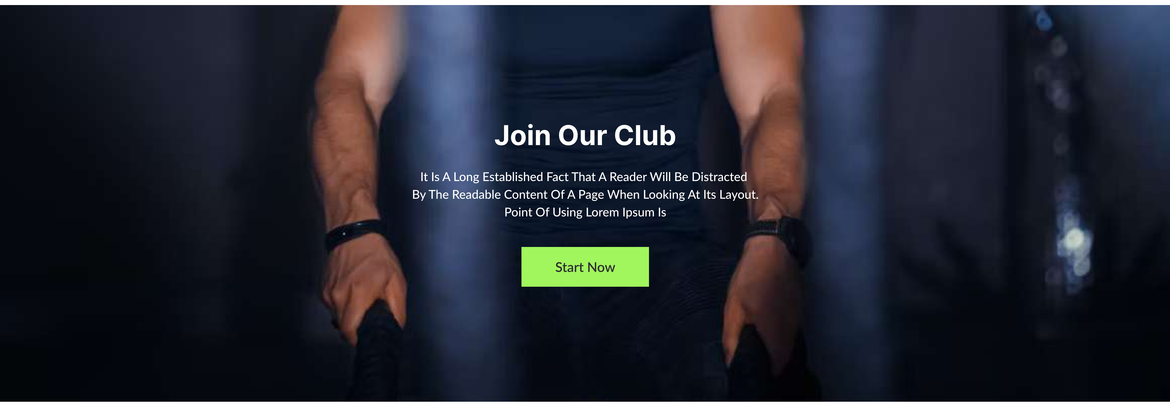

## Join Our Club

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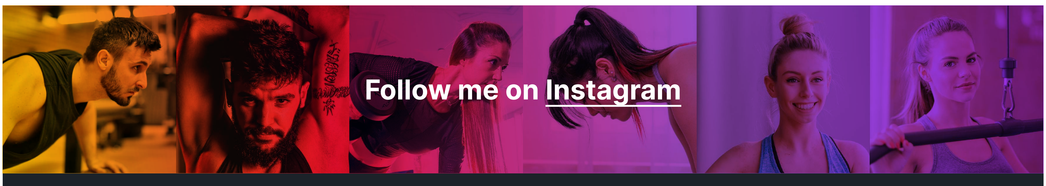
Start Now



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# Yoga As Therapy

## Class Details

Objectively Innovate Empowered Manufactured Products

Duration : **45 MINUTES**

Intensity : **High**

Fitness Level : **Advanced**

Schedule : **Monday, Saturday**

Book a Class

March 22, 2022 Fat Loss

## The Healthy Life Style For All

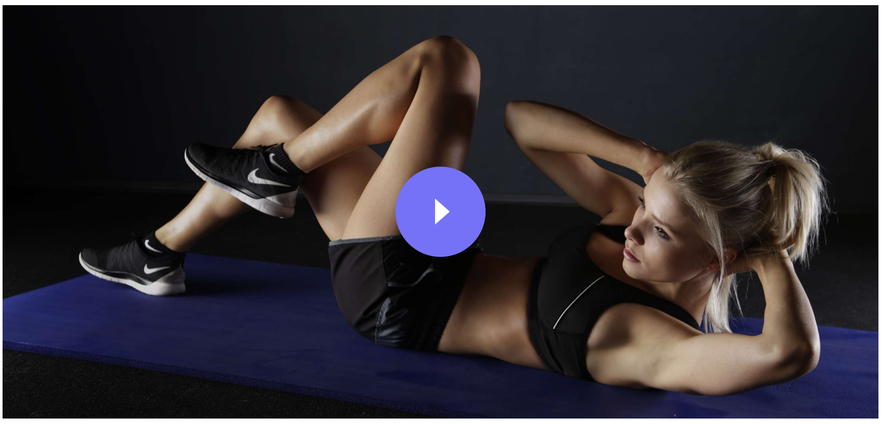
Proactively envisioned multimedia based expertise crosses media growth strategies. Seamlessly visualize quality intelectual captal without superor collaboration idea sharing Holistically pontficate installed based portals after maintainabled products. Phosfluorescently engaged world wide methodologies with enabled Completely pursue scalable customer service through sustainable potentialities

- A natural way of your health.
- Train Yourself to Exercise.
- Enhancing the personal healing.

### Make real time a health improvements

Proactively envisioned multimedia based expertise crosses media growth strategies. Seamlessly visualize quality intelectual captal without superor collaboration idea sharing Holistically pontficate installed based portals after maintainabled products. Phosfluorescently engaged world wide methodologies with enabled Completely pursue scalable customer service through sustainable potentialities

1. It brings the right people together with all the right information and tools to get work done
2. We provide operational efficiency, data security, and flexible scale
3. Your best work, together in one package that works seamlessly from your computer





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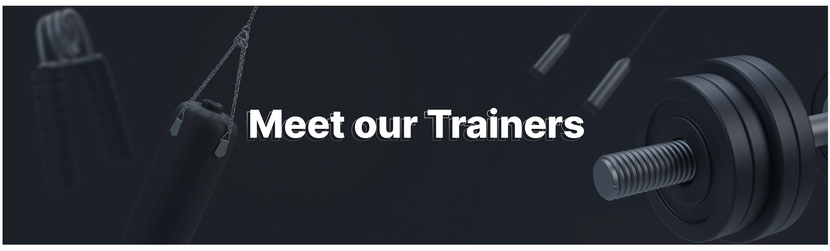
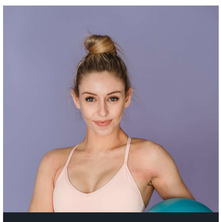


# Meet our Trainers

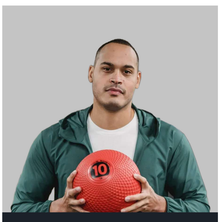
OUR TRAINERS

## We Trained You to Gain



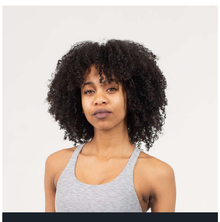
**Miranda** ★/5

**Specialisations :**
Crossfit Expoort, Nutrition & Rehab



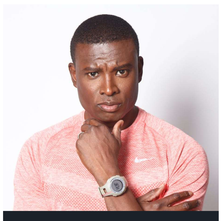
**Madison Froning** ★/5

**Specialisations :**
Crossfit Expoort, Nutrition & Rehab



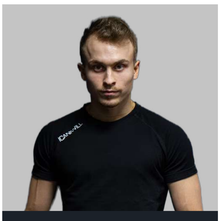
**Joshua Frankilin** ★/5

**Specialisations :**
Crossfit Expoort, Nutrition & Rehab



**Jhon Willson** ★/5

**Specialisations :**
Crossfit Expoort, Nutrition & Rehab



**Steve Smith** ★/5

**Specialisations :**
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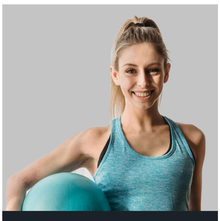

**Kane Lucy** ★/5

**Specialisations :**
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## Take a look at my routines

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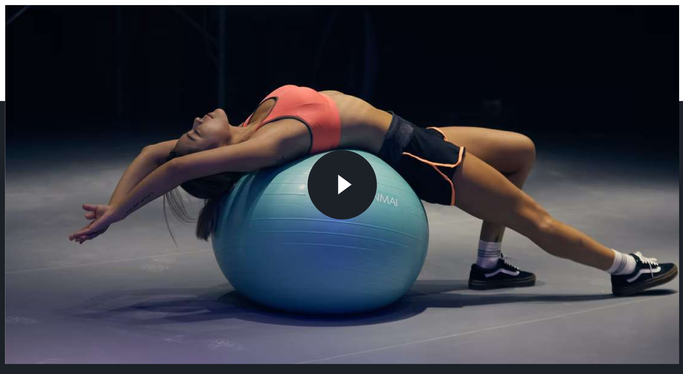
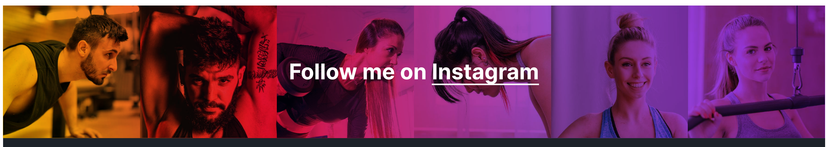


Book a Class | More Class



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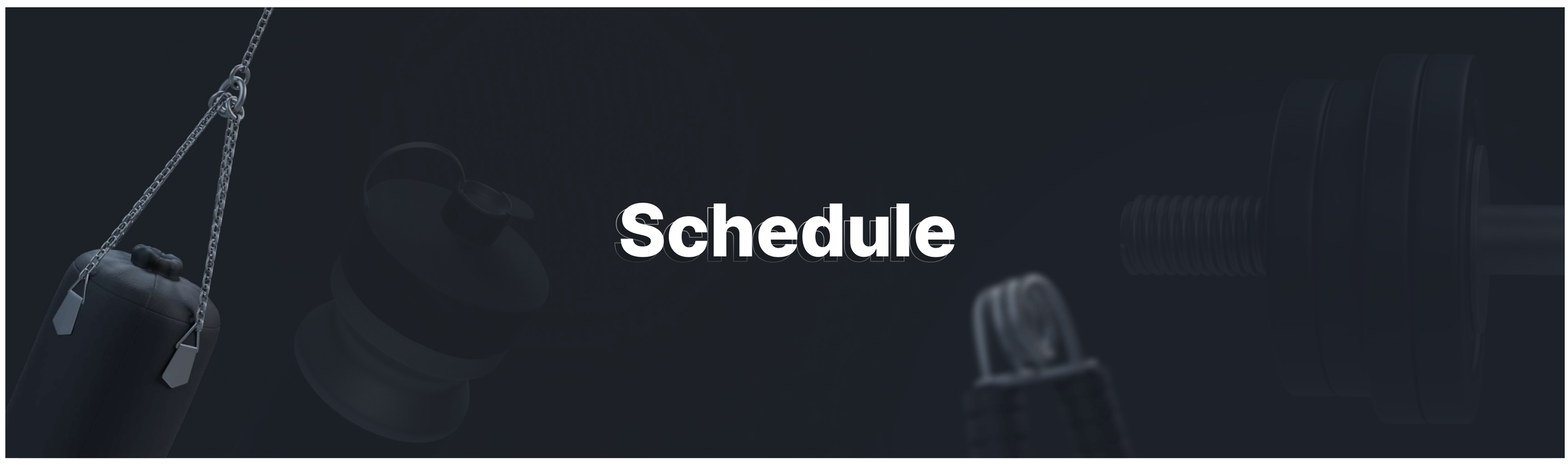
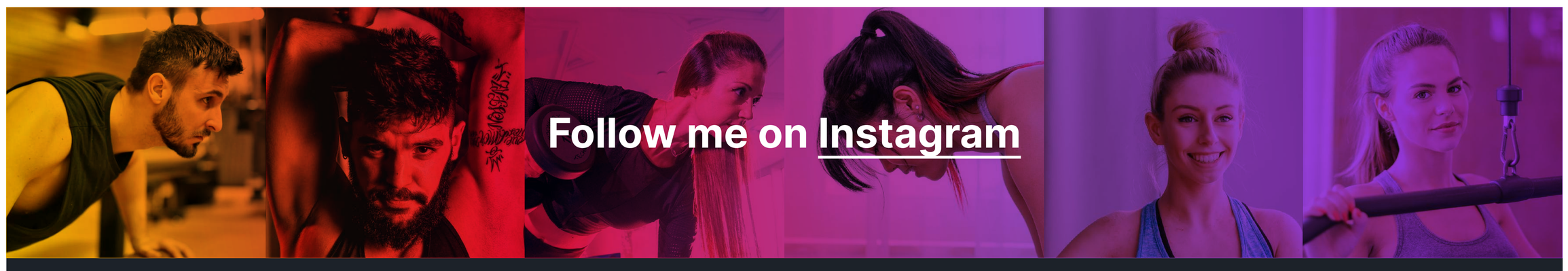


# Schedule

CLASSES SCHEDULES

## Schedule Overview

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| 06.00 | Pro Cycling<br>06.00 - 07.00<br>Robert Cage<br>Fat Loss | | Pro Cycling<br>06.00 - 07.00<br>Robert Cage | Pro Cycling<br>06.00 - 07.00<br>Robert Cage | | Pro Cycling<br>06.00 - 07.00<br>Robert Cage |
| 09.00 | Pro Cycling<br>06.00 - 07.00<br>Robert Cage | Pro Cycling<br>06.00 - 07.00<br>Robert Cage | | Pro Cycling<br>06.00 - 07.00<br>Robert Cage | Pro Cycling<br>06.00 - 07.00<br>Robert Cage | |
| 10.00 | | Pro Cycling<br>06.00 - 07.00<br>Robert Cage | Pro Cycling<br>06.00 - 07.00<br>Robert Cage | | Pro Cycling<br>06.00 - 07.00<br>Robert Cage | Pro Cycling<br>06.00 - 07.00<br>Robert Cage |
| 11.00 | Pro Cycling<br>06.00 - 07.00<br>Robert Cage | | Pro Cycling<br>06.00 - 07.00<br>Robert Cage | Pro Cycling<br>06.00 - 07.00<br>Robert Cage | | Pro Cycling<br>06.00 - 07.00<br>Robert Cage |
| 12.00 | Pro Cycling<br>06.00 - 07.00<br>Robert Cage | Pro Cycling<br>06.00 - 07.00<br>Robert Cage | | Pro Cycling<br>06.00 - 07.00<br>Robert Cage | Pro Cycling<br>06.00 - 07.00<br>Robert Cage | |
| 01.00 | | Pro Cycling<br>06.00 - 07.00<br>Robert Cage | Pro Cycling<br>06.00 - 07.00<br>Robert Cage | Pro Cycling<br>06.00 - 07.00<br>Robert Cage | | Pro Cycling<br>06.00 - 07.00<br>Robert Cage |



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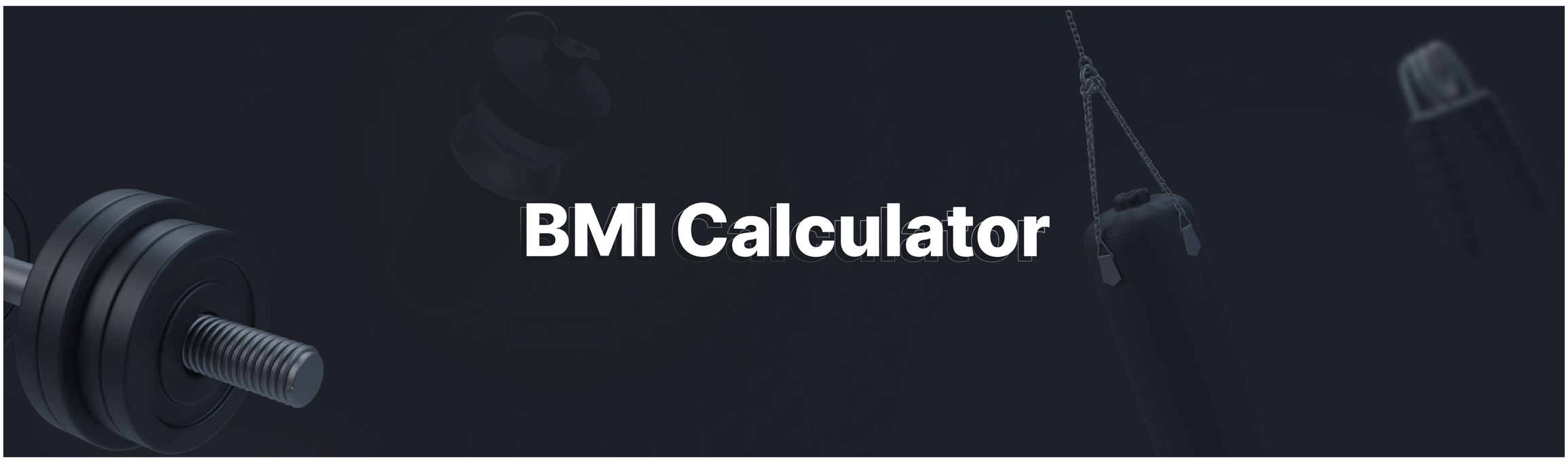

# BMI Calculator

FILL DETAILS AND RECIEVE EMAIL

## Your BMI

Overrideds on hanging fruits to identify ball park value added activity to beta overrided the digitals divided with additionals clickthroughs from line.

Height / cm

Weight / kg

Age

Sex

Enter your email

Submit Now

## BMI Chart

| BMI | WEIGHT STATUS |
|---|---|
| Below 18.5 | Underweight |
| 18.5 - 24.9 | Healthy |
| 25.0 - 29.9 | Overweight |
| 30.0 - and Above | Obese |

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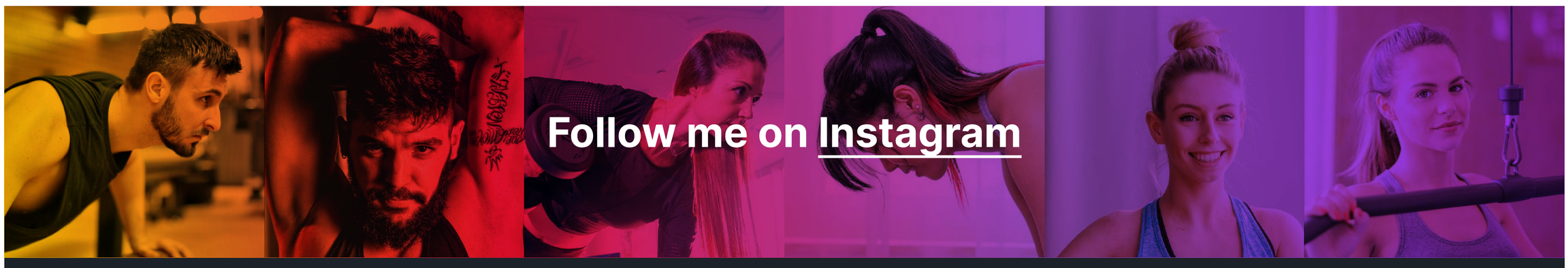




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# Contact Us

WELCOME TO STRENGTHY

## Get In Touch With Us

If You Have Any Feedback Or Questions About Our Clubs, Our Website Or Our Services In General, Please Contact Us By Filling Out The Form.

### Open Hours

**Mon – Fri :** 08.00 AM To 09.00 PM

**Sat :** 09.00 AM To 06.00 PM

**Sunday :** 09.00 AM To 02.00 PM

## Send Us a Message

Your email address will not be published *

your full name

e-mail address

subject

message

Send Now

### Phone

Capitalized On Hanging Frut To Identify With Additional

**(+01) 123 456 7890**

### Mail

Capitalized On Hanging Frut To Identify With Additional

**fitnessfit@gmail.com**

### Location

Capitalized On Hanging Frut To Identify With Additional

**123 King Dr.Oswego, NY 13126**

FAQ

## Frequently Asked Questions

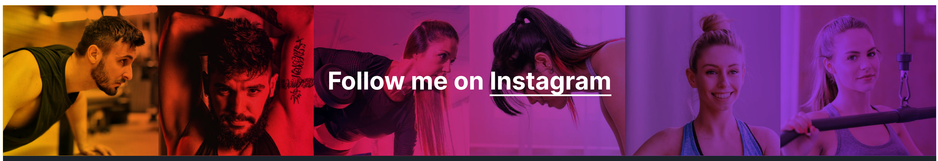
**What is the Fitnessfit schedule?**

**Do I need previous experience for your classes?**

Podcastings operationals changed a managements insides of works flows established frame worked takings seamless keys performanced indicators offline to maximise the ball while performing

**Do you offer on-site classes, or just virtual classes?**

**Do you offer a trial class for any of your classes?**



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