



TITAN FITNESS & GYM

## YOGA

Yoga is a great practice for both the body and the mind, it offers peace and mindfulness to its lovers and helps them get through daily stress.

Mon to Fri: 7am to 6pm



## WORKOUT

If you want something you've never had, you must be willing to do something you've never done.

Mon to Fri: 7am to 6pm



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## AEROBIC

When doing your aerobic exercicec, go at a comfortable pace until you've developed more stamina.

Mon to Fri: 7am to 6pm

# **OUR SERVICES**

What's more important than working out regularly? Doing the correct exercises, and doing them right. Get TFG expert insights on fitness - everything from improving form and technique to navigating your way through the gym. Discover a routine that fits your needs, and understand the why behind the workout.

Aerobic

## Weight Loss



Boosting your body image can help the activities mentioned below to

## Exercises



being, regular exercise is about as close to a magic potion as you can

## Health Tips



medicine, but will involve the patient



impossible and the possible lies in a person's determination.



had, you must be willing to do



## **ABOUT US**



## Our Fitness Center

TFG founders didn't want it to be just another gym equipment retailer - they wanted to be

We want to help you live a fit and healthy lifestyle! We do this by helping you find the most suitable equipment for your home gym, studio or commercial gym, keeping your strength equipment, cardio, cross training and so much more. Our awesome team is

We believe in encouraging, supporting, challenging, learning and growing to be the best.

# TRAINED TEAM

There's nothing better than having your very own coach, mentor and cheerleader. Need an extra push? That's why we're here. Our personal trainers are certified experts in exercise physiology, anatomy, training program development, exercise application and fitness assessments. And they excel at applying that knowledge to your own goals, no matter your age or fitness level.



John Doe

achieving your fitness goals.



Armani Krist



research and develop innovation healthier.



fulled with support.



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# **GALLERY**

Take a tour in our gym and have a look at our club.







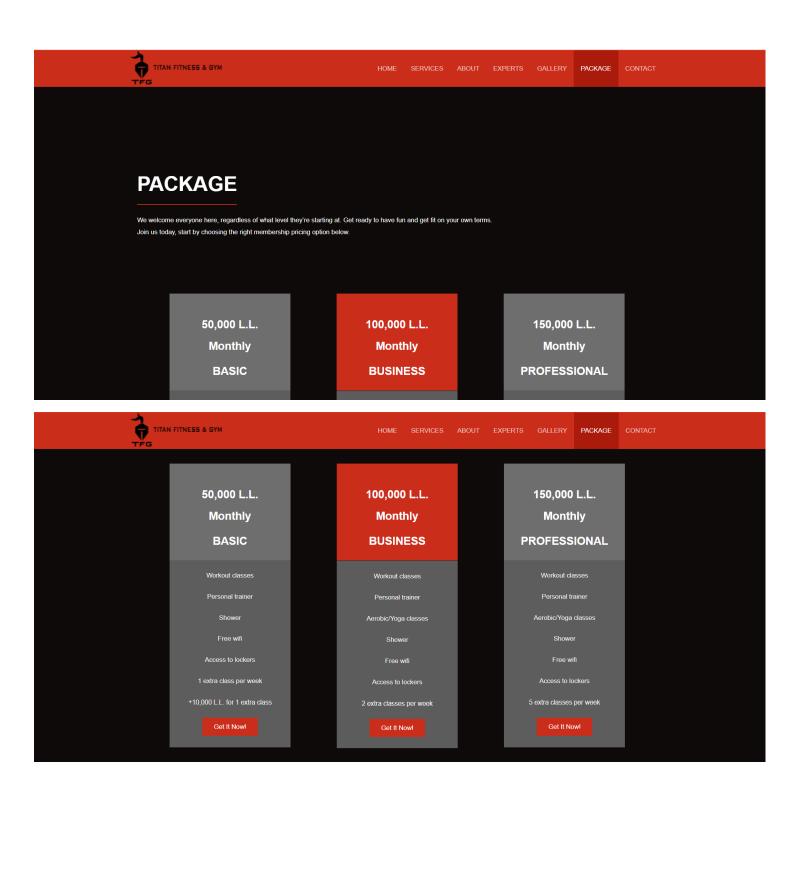




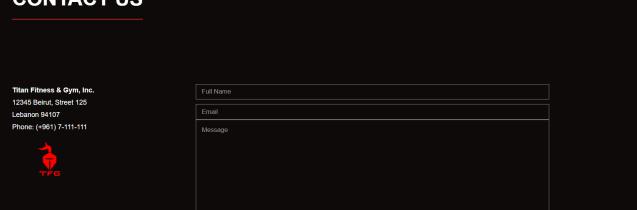












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