

"The greatest ideas are the simplest." — William Golding

BODY

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GET LEAN, BUILD MUSCLE & LOSE FAT

IT'S TIME TO MAKE A SMART INVESTMENT IN YOURSELF!

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WELCOME

This website is for those who want to look great and feel great. Anyone can be healthier, have more energy, sleep better, and feel better about themselves through bodybuilding. Bodybuilding doesn't have to be expensive or take a lot of time. Our focus here is on workouts the natural bodybuilder can do at home with inexpensive equipment.

Don't be fooled, home workouts do not mean easy workouts and they can be just as effective as the gym. We include basic training tips for the beginner and plateau busting techniques for the hard-gainer bodybuilder. We make extensive use of videos and photos to illustrate how to do the exercises.

We don't encourage the use of any supplements or the purchase of any new equipment, you can build a fantastic physique with just a cheap used set of dumbbells. 100% unique bodybuilding workout programs that you won't find anywhere else on the web.

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WOMEN'S AREA

Antique

ABOUT TRAINERS PRICES CONTACTS

BUILD YOUR BODY

It's building body is in the heart of several facilities. Join the gym with wide variety of gear, effective programs, flexible schedule and team of sports professionals knowing the range to success.

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YOUR BODY IS A WORK OF ART

Small but regular workout offer looks good to beauty and self-confidence. Set your own routine and conditions of training, observe the progress that boosts your results. Take care about your body and mind instead of yourself. Let you body feel the way of perfection.

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WE ARE HERE TO GUIDE YOU

Team of expert trainers are always here to guide and support you. Get professional tips on training scheme, intensity and healthy nutrition based on your individual abilities and preferences.

SARA CAVIL
Trainer

OUR PRICES

1 MONTH 3 trainings, personal consultation or sauna sessions, trainer consultation	3 MONTHS 3x trainings, 3 personal consultations or sauna sessions, personal trainer	6 MONTHS 6x trainings, 3x swimming pool sessions or sauna sessions, 3x personal consultation, 3x massage sessions, personal trainer	1 YEAR Unlimited trainings, unlimited swimming pool sessions or sauna sessions, 3 personal consultation, 3 massage sessions
\$ 24 BUY	\$ 64 BUY	\$ 124 BUY	\$ 244 BUY

WELCOME TO JOIN!

ADDRESS: 240 Avenue C
New York, NY 10009
USA

PHONE: (646) 754-3869

E-MAIL: hello@antique.com

SOCIALS: [Facebook](#) [Twitter](#) [Google+](#) [Instagram](#)

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FEELING GOOD BEGIN FIT

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WE HAVE PROFESSIONAL TRAINERS
We are an independent gym that is committed to help you to gain the results you want.
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BOXING CLASS