



# G-Werx® Fitness Program Schedule

## 48<sup>TH</sup> & CHICAGO Location

FORMAT	TIME OF DAY	MON	TUE	WED	THU	FRI
2-60	6:00 am - 7:00 am		Upper-Lower Body Combo		Upper-Lower Body Combo	
2-60	7:15 am - 8:15am		Upper-Lower Body Combo		Upper-Lower Body Combo	
2-60	8:30 am - 9:30am		Upper-Lower Body Combo		Upper-Lower Body Combo	
3-45	5:45 am - 6:30 am	Back, Biceps, Abs		Legs, Buns, Abs		Chest, Triceps, Shoulders
3-45	6:45 am - 7:30 am	Back, Biceps, Abs		Legs, Buns, Abs		Chest, Triceps, Shoulders
3-60	7:45 am - 8:45am	Back, Biceps, Abs		Legs, Buns, Abs		Chest, Triceps, Shoulders
3-60	9:00 am - 10:00am	Back, Biceps, Abs		Legs, Buns, Abs		Chest, Triceps, Shoulders
3-60	4:45 pm - 5:45 pm	Back, Biceps, Abs		Legs, Buns, Abs	Chest, Triceps, Shoulders	
3-60	6:00 pm- 7:00 pm	Back, Biceps, Abs		Legs, Buns, Abs	Chest, Triceps, Shoulders	
3-60	7:05 pm-8:05 pm	Back, Biceps, Abs		Legs, Buns, Abs	Chest, Triceps, Shoulders	
FREE CONSULT		Book Online	Book Online	Book Online	Book Online	Book Online
MORNING SESSIONS				AFTERNOON & EVENING SESSIONS		
<b>Book Consult Online <a href="http://www.gwerx.com">www.gwerx.com</a></b>						

**YOUR Safety & Success is OUR Goal! You are #1 at G-Werx!**

G-Werx has won numerous awards and has improved the lives of many people just like you. Our Patented G-Werx Training System has a **15+ year proven track record** in the Twin Cities. And we would love to help you! Contact us to learn more.

**612-823-5172 – 48chicago@gwerx.com**

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