



G-Werx® Fitness Program Schedule

50TH & BRYANT Location

FORMAT	TIME OF DAY	MON	TUE	WED	THU	FRI/SAT
2 x 45 Min	6:00 am – 6:45 am	Monday & Wednesday	Tuesday & Thursday	Monday & Wednesday	Tuesday & Thursday	Virtual & Live as Scheduled
2 x 45 Min	7:00 am – 7:45 am	Monday & Wednesday	Tuesday & Thursday	Monday & Wednesday	Tuesday & Thursday	Virtual & Live as Scheduled
2 x 45 Min	8:00 am – 8:45am	Monday & Wednesday	Tuesday & Thursday	Monday & Wednesday	Tuesday & Thursday	Virtual & Live as Scheduled
2 x 45 Min	9:00 am – 9:45am	Monday & Wednesday	Tuesday & Thursday	Monday & Wednesday	Tuesday & Thursday	Virtual & Live as Scheduled
2 x 45 Min	4:45 pm - 5:30 pm	Monday & Wednesday	Tuesday & Thursday	Monday & Wednesday	Tuesday & Thursday	Virtual & Live as Scheduled
2 x 45 Min	5:45 pm- 6:30 pm	Monday & Wednesday	Tuesday & Thursday	Monday & Wednesday	Tuesday & Thursday	Virtual & Live as Scheduled
2 x 45 Min	6:45 pm-7:30 pm	Monday & Wednesday	Tuesday & Thursday	Monday & Wednesday	Tuesday & Thursday	Virtual & Live as Scheduled
FREE CONSULT		Book Online	Book Online	Book Online	Book Online	Book Online

MORNING SESSIONS

AFTERNOON & EVENING SESSIONS

Book Consult Online www.gwerx.com
Or Simply email us at info@gwerx.com

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 System has an **18+ year proven track record** in the Twin Cities. Our hard work and compliance has helped us operate for over a year with no COVID-19 transmissions. We have many clients who are retired or have pre-existing conditions and promise to go above and beyond to help keep everyone as safe as possible during our training sessions.

Contact us to learn more.

612-345-5455 - info@gwerx.com

820 W. 50th Street Minneapolis, Minnesota 55419

G-Werx® is a Registered Trademark of Millennium Fitness LTD, *All Rights Reserved* – US Patents #9,295,872, #D800,853S, #6,755,770, Others Pending