

FREE* PERSONAL TRAINING & NUTRITION

DDRC Provider Support Funds. *Must reside in Jefferson County and IDD

GYMGUYZ®
#1 IN HOME PERSONAL TRAINING®



Convenient

We'll come to
you!

Customized

Workouts programmed
for your individual goals.

Creative

Fun & creative
workouts.

WORKOUT IN THE COMFORT OF YOUR OWN HOME!

- ✓ 12 Weeks of Personal Training
- ✓ 3 Sessions with a Nutritionist
- ✓ Equipment bag & exercise equipment
- ✓ Initial Assessment to help set goals
- ✓ Reassessment to see progress!

**Scan the QR Code
to sign up!**



contact
**BARBARA
GAREY**



303-848-8491
barbara.garey@gymguyz.com
gymguyz.com/denver-south