

# Small Group Womens Fitness

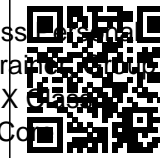


Location **Pennsylvania**  
<https://www.genclassifieds.com/x-377804-z>

Indoor/Outdoor South Jersey Women's Fitness Boot Camp

- Limited class sizes to no more than 8 to ensure maximum instruction
- Exercise progressions and regressions mean any level of exerciser can actively participate in our camps and be properly challenged
- Our camps are held 5 days per week, 52 weeks per year! That means access to 260 workouts per year, 104 extra workouts compared to all of the other 3 day per week camps
- Access to our full line of cutting edge workout equipment including TRX, kettlebell, barbells, dumbbells, battle ropes, prowlers, turf, plyo boxes, steel maces, and much more!

We invite you to come in and meet us for a free Personal Training consultation. You'll tell us about your fitness goals and ask us questions, seeing if we're the right fit for each other. No cost, no obligation. But we won't able to change your life unless you take 15 minutes and come meet with us, so call us today. You have nothing to lose and a brand new world to gain! For more information, check out <http://www.g7fit.com>



Keywords: Examples of Personal Training Equipment Used: Dumbbells, Kettlebells, Medicine Balls, TRX Suspension Trainers, TRX Suspension Training, Barbells, Rogue Barbells, Free Weights, Plates, Workout Benches, Superband, Workout Bands, Workout Cables, Stength Cables, Workout Machines, Battleropes, Prowler,Turf, Agility Equipment, Speed Equipment, Leg Press, Squat Machine, Home Gym

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Our Current Clients Come From: South Jersey, New Jersey, Philadelphia, NJ, Mt. Laurel, Mount Laurel, Medford, Marlton, Southampton, Shamong, Tabernacle, Voorhees, Cherry Hill, Moorestown, Haddonfield, Haddon Heights, Atco,,