

body mass group (Germantown mt airy)

Location

Pennsylvania

<https://www.genclassifieds.com/x-440947-z>

This group is for beginners and intermediate weight lifters that are trying to tone up build mass and just live a healthier life. This group will also focus on healthy eating...It's open forum where we can learn form each other and come together with common goal of getting in shape. If your discipline this is the perfect group for you. If you need the support of others this for you no one will judge it's all about pushing your self and giving 100%. contact me Shane. Germantown/ my



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