

# GYMGUYZ®

#1 in Home Personal Training®



GYMGUYZ is an international mobile and virtual fitness franchise and the #1 in Home Personal Training. With over 250 units across 3 countries and 29 states, Joseph & Lorraine Paglinawan are the first to bring GYMGUYZ to San Diego. **All services can be offered virtually.**

GYMGUYZ brings the convenience of a certified personal trainer, customized and creative workouts and over 365 pieces of unique and adaptive equipment to the comfort of your home, office or anywhere in your community. We cater to men, women and children of all ages and abilities. **Many of our team members have experience with or are certified to work with the Special Needs community.**



# GYMGUYZ<sup>®</sup>

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We realize these are uncertain times for many of us. We are all experiencing a bit of overwhelm. GYMGUYZ is here to help! Our team of trainers at [GYMGUYZ Coastal San Diego](https://www.gymguyz.com/coastal-san-diego/) have been working tirelessly to get our FREE online fitness sessions up and running so your exercise routine isn't put on pause.

Self-care, of both mind and body, is crucial and should remain a priority, especially during stressful times. Getting enough sleep, eating healthy and getting plenty of exercise are more important than ever.

There are a few key ways people can manage anxiety, depression and stress. However, not everyone has this knowledge readily available and those who do, may not have the willpower or maybe just need some accountability to give them the push they need to focus on their health and wellbeing. We're here to tell you that you're not alone.

Your friends at [GYMGUYZ Coastal San Diego](https://www.gymguyz.com/coastal-san-diego/) are providing fully online/virtual training (private and group) for our clients.



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## Example of Virtual Session



We are offering absolutely **FREE** weekly **Virtual Workout, Mindset Boosting, Nutrition & Wellness** classes for our San Diego community! Our classes serve a wide range of ages and abilities. Classes are shared on our [Facebook Page](#).

### Calendar of FREE Virtual Sessions:

<https://bit.ly/VirtualSessionsCalendar>

Register for FREE at:

<https://bit.ly/GYMGUYZVPT>

GYMGUYZ® #1 in Home Personal Training.				
Mon	Tue	Wed	Thu	Fri
10am PST Nutrition Varies	10am PST Wellness Varies	11am PST Workout Abs & Assets	11am PST Workout Intermediate Bootcamp	11am PST Workout Senior Fit
11am PST Workout Beginner Bootcamp	11am PST Workout Full Body Bliss	12pm PST Ask Laura & Mark Q&A Session	7pm PST Mindset Boost Mindfully Nourished	7pm PST Mindset Boost Meditation Stretch
7pm PST Mindset Boost Mindfulness Works	7pm PST Mindset Boost Practice Presence	7pm PST Mindset Boost Selfcare: Making the Most of Me Time		
<small>Workouts (30-min) Mindset Boosts, Nutrition and Health &amp; Wellness (15-min)</small>				
<b>FREE LIVE Virtual Sessions</b> Register Here: <a href="https://bit.ly/GYMGUYZVPT">https://bit.ly/GYMGUYZVPT</a>				



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If you're looking for more personalized fitness options, we have some current and ongoing specials including:



## Virtual Fit Start

1-on-1 Virtual Personal Training

### Includes:

- ✓ Comprehensive Nutrition, Body and Fitness Assessment
- ✓ Progressive Programming
- ✓ Nutritional Support
- ✓ 2 LIVE Virtual Small Group Sessions
- ✓ At Home Workouts & Homework
- ✓ Discounts on 1-on-1 Private Virtual Personal Training

# Only \$99 | Save \$100!

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Call (619) 641-9740 to Schedule Your  
Complementary Virtual Assessment  
CoastalSanDiego@GymGuyz.com



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# LOCKDOWN 2020

28-DAY CHALLENGE

## Includes:

- ✓ Comprehensive Nutrition, Body and Fitness Assessment
- ✓ Progressive Programming
- ✓ 4-Week Meal Plan, Grocery Lists & Recipe Guide
- ✓ Nutritional Support
- ✓ 8 LIVE Virtual Small Group Sessions
- ✓ At Home Workouts & Homework
- ✓ Discounts on 1-on-1 Private Virtual Personal Training

# Only \$199 | Save \$100!

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## **GROUP FITNESS**

VIRTUAL CLASSES

Includes:

- ✓ Switch between Online or In-Person Group Classes
- ✓ Customized Programming
- ✓ Easy registration and access
- ✓ Team of Certified Personal Trainers
- ✓ 4-Week Meal Plan, Grocery List and Recipe Guide

## **Packages of 12-48 Sessions**

## **Prices as low as \$10/Person**

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Please share with your friends, family, and community!