

Fitness Works Gym, Phoenix - Your way to 'healthy you'

Introducing a quick guide to a health you. Join Fitness Works Gym today and get the best fitness training in Phoenix, AZ.

Phoenix, AZ ([BizHWY](#)) November 28, 2012 - If you are looking for the perfect body shape then the [Fitness Works Gym in Phoenix](#) is the place for you. It can help you strengthen your muscles and bones and relax your body so you end up with the perfect body shape. You will be guaranteed to lose weight and be in good health.

The machines at the gym are modern and well maintained. The experienced trainers will show you how to use them to suit your needs. While you exercise you can be entertained as each machine has an LCD monitor with 90 stations and access to the cameras in the [kids fitness zone room](#). If you prefer to exercise with others you can take part in one of the many fitness classes which include dance, swimming and [classes for older adults](#). There truly is something for everyone.

Our unique kid zone will allow mothers to drop off their young children while they exercise and therefore makes our facilities accessible to everyone. The opening times for the kids clubs should make it easy for mothers to attend any classes they wish which is something not offered by many health clubs. There are swimming lessons for children or adults with trained instructors making sure you are safe and keeping fit at the same time. After this you can take advantage of the hot tub or jacuzzi to relax.

The club opens from 4am until 11pm Monday to Thursday so should be able to suit anyone, however busy they are. You can attend before or after work, once the children are in bed, during your lunch hour or all through the day. Once you have finished your work out you can use aromatherapy, the steam room or sauna to help the body relax and make you feel refreshed.

So you can see that there are facilities for every age group and need, so you can vary your [exercise pattern to fit in with your daily life and your level of fitness](#). If you get bored you can choose a different type of training session from our large selection. This will help you to stay motivated to keep exercising. If you are still wondering if the facilities will suit you then you can take out a [Phoenix Gym trial membership](#).

Remember that a daily workout can give you the perfect body shape so incorporate routines of fitness into your life to make you healthier and happier.

Web Site: <http://www.fitnessworks.com/glendale-amenities.aspx>

Contact Information:

(623) 872-8000
9675 W Camelback Rd.
Phoenix, AZ 85037