

THAT WAS
AN AMAZING
WORKOUT!



Don't forget to
**WIPE DOWN YOUR
EQUIPMENT** before
and after use.



SCAN ME

For a Safer Us.
GHYMCA.ORG



**TRAIN HARDER
TODAY THAN
YOU DID
YESTERDAY...**



and always
**WIPE DOWN YOUR
EQUIPMENT** before
and after use.



SCAN ME

For a Safer Us.
GHYMCA.ORG



I SEE YOU
SWEATING
OVER THERE!



Don't forget to
**WIPE DOWN YOUR
EQUIPMENT** before
and after use.



SCAN ME

For a Safer Us.
[GHYMCA.ORG](https://ghymca.org)



I'M TOO
TIRED TO
RUN
TODAY.

This machine is **UNAVAILABLE**
AT THIS TIME to help us maintain
safe physical distancing.



SCAN ME

GHYMCA.ORG



I'M OFF
THE CLOCK.

This machine is **UNAVAILABLE**
AT THIS TIME to help us maintain
safe physical distancing.



SCAN ME

GHYMCA.ORG



I LOST A BET
AND NOW
I'M A PAPER
WEIGHT.

This machine is **UNAVAILABLE**
AT THIS TIME to help us maintain
safe physical distancing.



SCAN ME

GHYMCA.ORG



I LIVE TO
RIDE... JUST
NOT TODAY.

This machine is **UNAVAILABLE**
AT THIS TIME to help us maintain
safe physical distancing.



SCAN ME

GHYMCA.ORG



**TODAY IS
MY REST DAY.**

This machine is **UNAVAILABLE
AT THIS TIME** to help us maintain
safe physical distancing.



SCAN ME

GHYMCA.ORG

