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Neighborhood fitness center with Phoenix's top trainers and state-of-the-art equipment. STRENGTH&CONDITIONING CLASSES. PERFORMANCE TRAINING ALL LEVELS

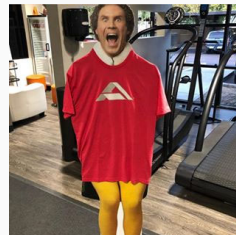
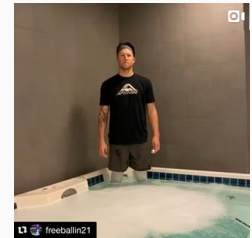
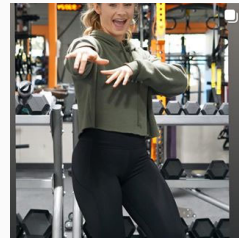
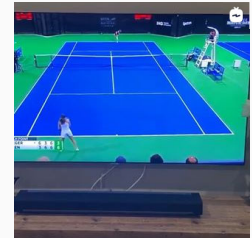
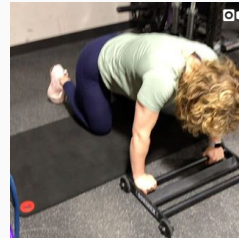


POSTS IGTV TAGGED

After today, we are going to follow the governments recommendations and cap our classes to 8. We do know that your exercise is very important for your mental and physical well being so please sign up ahead of time. If any of you want to team up and do semi private of 2-4 please DM or let us know tomorrow. Also, we do have travel/home workouts that can be purchased if you'd like to still get Aptitude workouts from your own home.

ptitude Family,

Aptitude take great pride in our members, taking care of our members by providing a clean gym environment. We are committed to doing everything we can to keep our members and members to keep you safe from (COVID-19) virus.



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