



FitnessWorks for life

*Morro Bay's
Hometown Gym
Since 1991*

FitnessWorks Team Member &
Endless Smile-Giver - Isabella C.

Over 45 Weekly Group Fitness Classes

Pump | Combat | Spin | Zumba | Tai Chi
Yoga | HIIT | Pilates | CORE | Qi Gong
SeniorWorks | Silver Swans

Your Strength Training Headquarters

Extensive Free Weight Zone

Rogue Bars, Racks & Bumpers ♦ Deadlift Platform

FTZ (Functional Training Zone)

Personal Training ♦ Saunas ♦ Massage Therapy



*Central Coast's
Friendliest Staff
and Members*

805-772-7466 | 500 Quintana Rd., Morro Bay | FitnessWorksMB.com