



*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](http://FitnessWorksMB.com)