

GYM IN DOWNTOWN NEW YORK

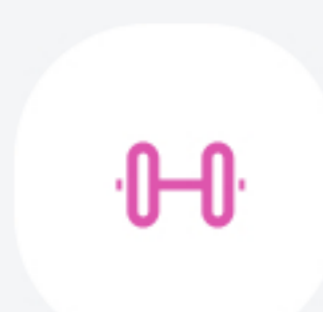
Chantale Fitness - place where your body gets its shape! Start training now to stay fit and healthy all year round!

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EXERCISE IN THE GYM

Check what we offer to our visitors and try all these physical activities that keep your body in great shape and your mind clear!



Gym



Personal Trainer



Group Occupations



Corporate Fitness



Aerobic Classes



Pool



THE PERSONAL TRAINER IS A SAFE WORKOUT

Want to be healthy and have a perfect body? Personal trainer is the right decision for you! He will create your personal training program and balance your diet so you could get the shape of your dream shortly!

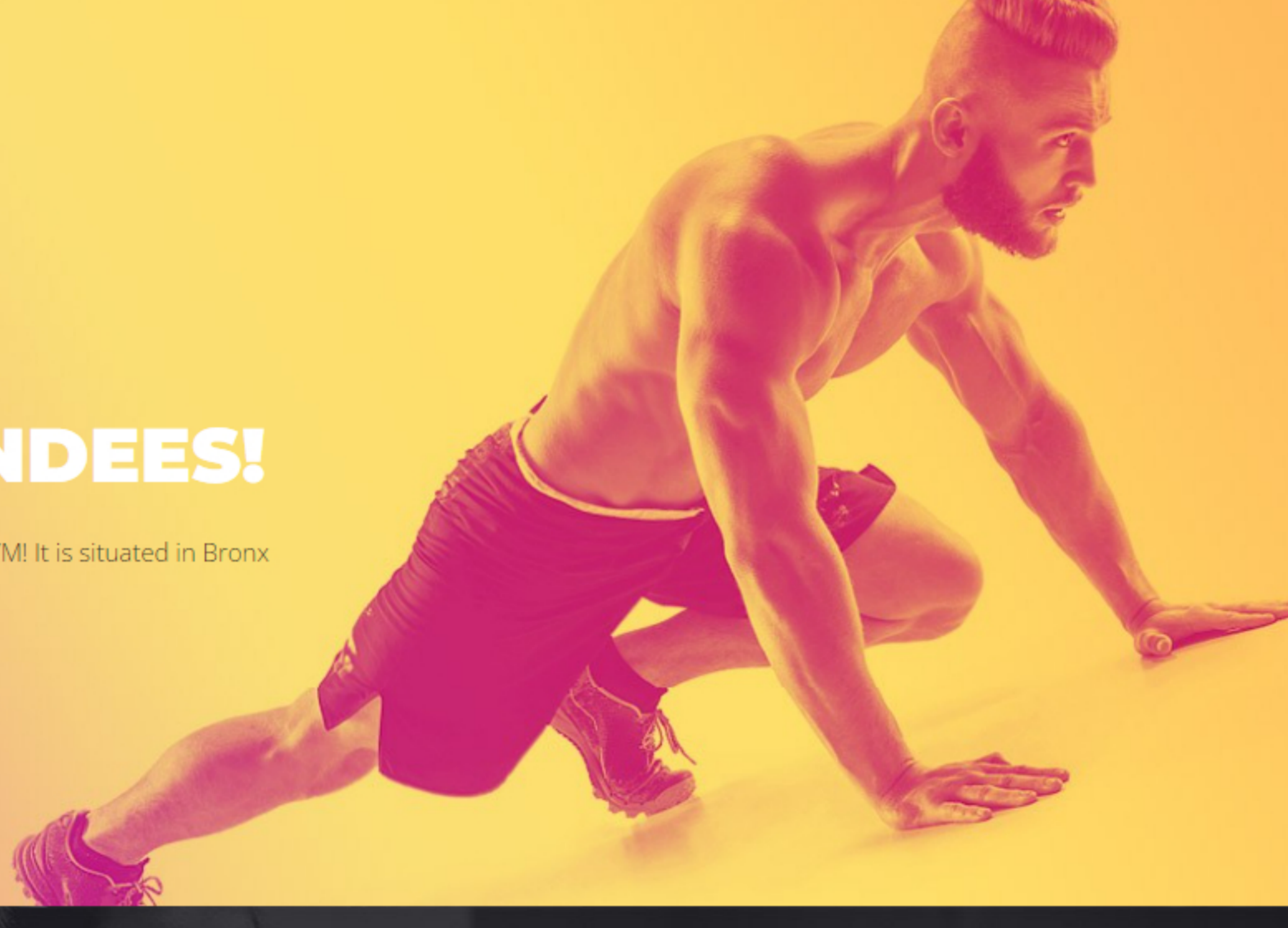
- ✓ Personal training program
- ✓ Diet according to your needs
- ✓ Cardio and stretching

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2nd Locaton in a Opens

15% OFF FOR ALL NEW ATTENDEES!

We are happy to announce we are opening our second GYM! It is situated in Bronx and we welcome everybody to its opening!



COACHING STAFF

ANNA SMITH

Fitness Coach

Anna is an award-winning fitness coach, Miss Olympia 2015, Fitness Bikini 2016 and Best Coach according to NY Fitness Association. She is keen on sports and has very professional approach to training people. She puts emphasis on hard training with heavy weights at the same time paying much attention to cardio and stretching.



OUR CLASSES



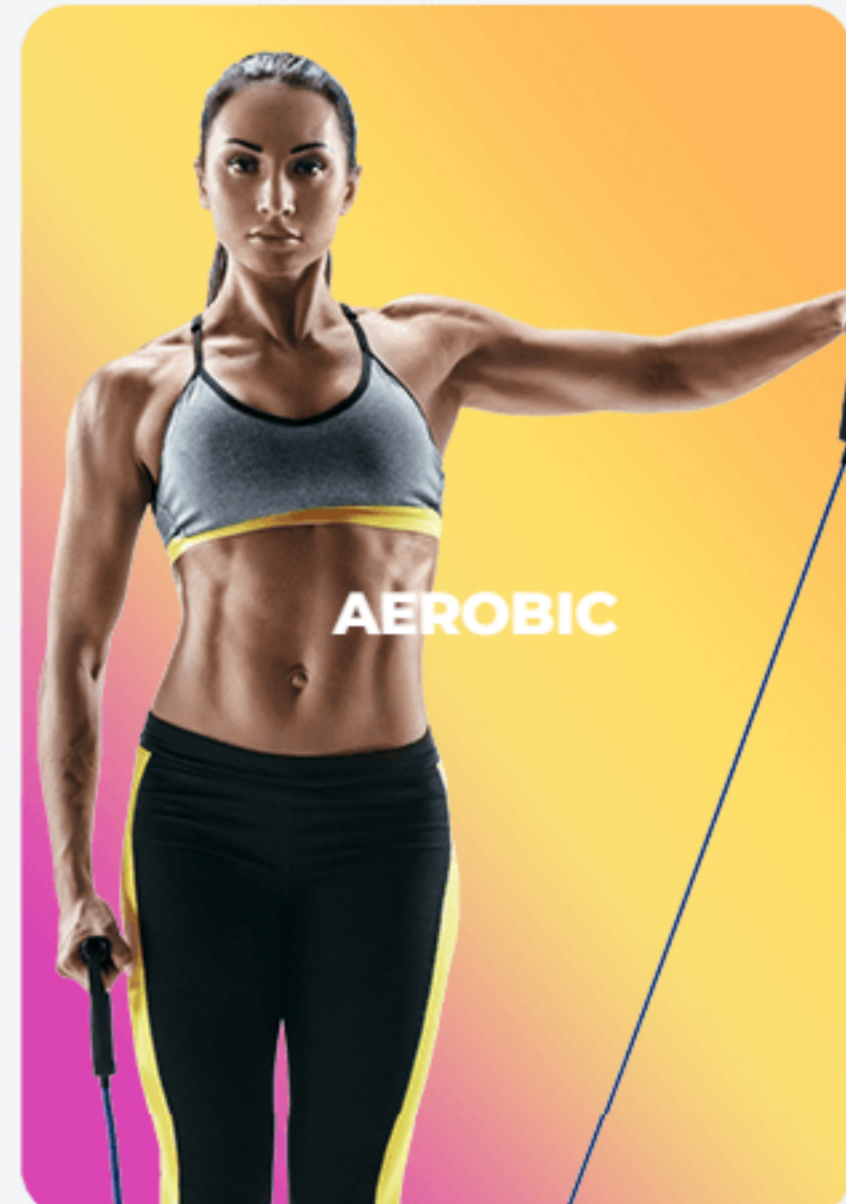
Crossfit is a universal way of saving your health and making your body strong.

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Fitness is necessary for everybody to train your muscles and endurance

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Aerobic is the perfect activity for women to stay fit and healthy

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WHAT PEOPLE SAY ?



"This is such an incredible gym with knowledgeable and educated coaches. Each coach took their time to help each and every athlete in class. The atmosphere was motivating and everyone was very friendly and helpful."

Adam Smith

SPORTS NUTRITION

sale



BCAA 8-11 Complex SS
\$55.00 \$45.00
★★★★☆



100% Whey Hydro Isolate SS
\$28.10



Xtreme Whey Protein SS
\$25.00 - \$35.00



Xcore Creatine Micronized 500g
\$19.50

WORLD OF GYM

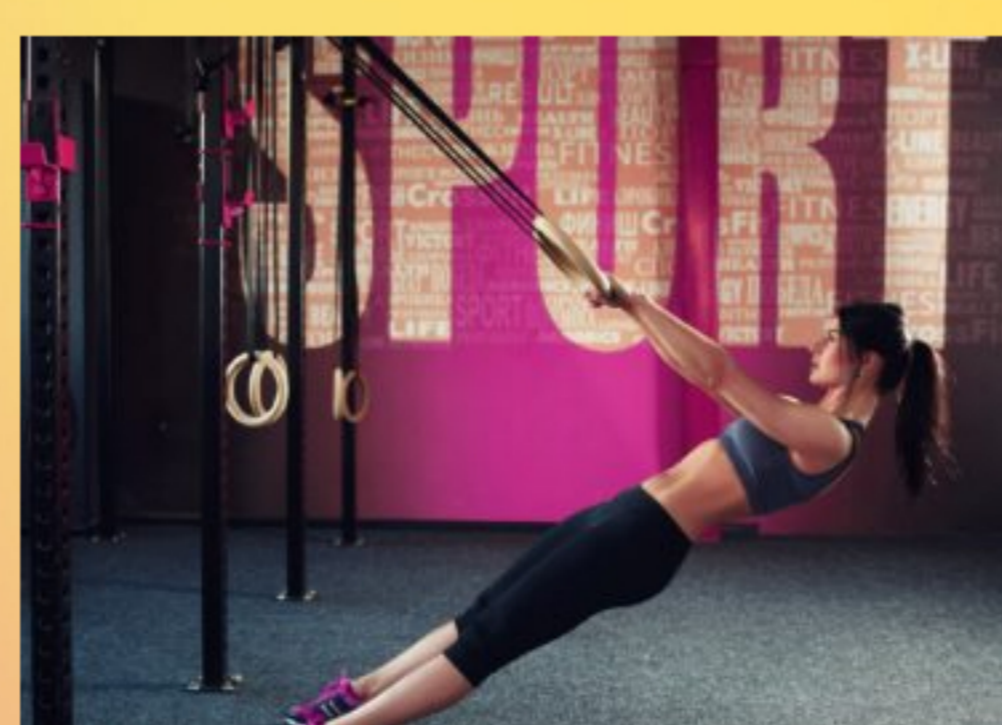


FEBRUARY 21, 2023

What Discipline Means?

Most of us can agree that discipline is one of the most important...

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FEBRUARY 21, 2023

Toes-to-Bar Mount

At Chantale Fitness we have seen so many great athletes struggle on many...

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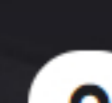
FEBRUARY 21, 2023

Handstand Walk Progressions

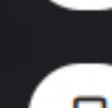
Handstand walking can be a fun and impressive skill to master. Many athletes...

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CONTACT WITH US



Address:
4578 Marmora Road, Glasgow



Phones:
+7-495-1234567; +7-495-1234568



Working time:
Monday-Sunday: 08:00-22:00;



Email:
info@demolink.org

Name: Enter your name

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Phone: Enter your phone

Message: Enter your message

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