

GYM4ME, made to make you fit!

You don't want a gym that has a spa, a daycare, and a bar? You are just looking for a place that will help you look great?

That's exactly why we're here!

We believe that everyone should love the way they look and feel, and feeling good and looking good will not only make you healthier, but also happier!

So GYM4ME is all about working out. Somewhere along the way, gyms started adding features, that you don't wanna pay for since you're not using them.

If this makes sense to you, it means we understand each other! We are here, 24 hours, 7 days a week to give you the ultimate workout experience.

Trainers

Our trainers will make you feel like a baby again. They will teach you everything you need to know from day one - how to breathe, how to lift, how to endure, become flexible and strong, what to eat, and how and when. And they will be there for you for every step of that road. Until you and your body grow into what you were always meant to be - a lean, mean, fit machine.

Endurance

No matter what you do in life, cardio is something that follows you. If you are looking to stay healthy, you need to do endurance exercises. And yes, we know they are tedious, but that's why we have machines! You can go for the spin bike, elliptical or the treadmill, and shake off all the stress that you have gathered through your work day. Our top of the line machines will make this experience easy and interesting!

Strength

You really want to get buff, but you always seem to plateau too early, no matter how hard you try? We know the feeling! What we can do, is help you to reach what you desire. We will coach you, spot you and help you get alive through the greatest challenge any gym can offer to a man – leg day! Sounds like a good deal, right?

Fitness

When you think about fitness, you realize it consists of doing things you truly hate, to impress people you don't care about, with a body that is just too tired to do anything fun anymore. We don't want that for you. We will teach you how to understand the signals your body is sending, and adapt the training. We will teach you how to move in order that improves your agility and strength at the same time. All you have to do is have faith in our team, and a will to learn.

We believe great body comes as a result of great efforts, but we are willing to put some of our effort in, in order to make your efforts worth it!

We have some real success stories here...

Michael

“I spent a lot of time in gyms, and I gave up every time I hit my plateau. No matter what I did I could not achieve more. I got stuck on 220 pounds on bench press. With my trainer here, I achieved that and more, within a month.”

Anya

“A modern and clean gym, in a great location is just what I've been looking for. The atmosphere is friendly, they are always open, the equipment is brand new, and they have every machine imaginable. All of this, with a helpful and motivating instructor, makes this place well worth it.”

Kevin

“These guys made some fantastic programs for me and my wife, they know their stuff, and they make you feel comfortable and confident. They are personal, professional, able, willing and funny, so we love coming here even after we achieved our primary goals. “

And if you are still not sure, we are offering a free trial training – so you can come, check us out, and talk to our members.

Your road to a great body starts here!