



Personal Training and Fitness Studio specializing in functional movement and youth sports performance coaching.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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PRIVATE & SEMI-PRIVATE TRAINING
Scheduled by Appointment

GROUP TRAINING 6am – 6:45am	GROUP TRAINING 6am – 6:45am		GROUP TRAINING 6am – 6:45am			
YOUTH SPORTS PERFORMANCE 4pm – 5pm	KID FITNESS 4pm – 4:45pm	YOUTH SPORTS PERFORMANCE 4pm – 5pm			YOUTH SPORTS PERFORMANCE 4pm – 5pm	
GROUP TRAINING 5pm – 5:45pm	GROUP TRAINING 5pm – 5:45pm		GROUP TRAINING 5pm – 5:45pm			
GROUP TRAINING 6pm – 6:45pm		GROUP TRAINING 6pm – 6:45pm			GROUP TRAINING 6pm – 6:45pm	

Schedule subject to change at Management’s discretion with minimum of one week’s notice. Organizations and Themed Group Sessions available upon request.

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Dumont, NJ

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keystofitness

KeysToFitnessLLC