



FORGE A STRONG BODY

FOUNDRY FITNESS OPENS SATURDAY, JULY 25TH

FREE CLASSES JULY 25 - 31ST

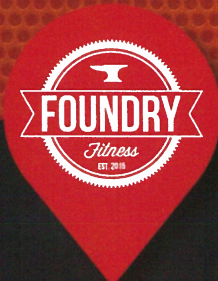
Want to experience Albany's newest fitness movement? Try us out for an entire week of free, uniquely branded High Intensity Training (HIT) classes. Get optimal results with minimum input!

FREE CHILD CARE

That's right, you heard us. We offer free child care while you attend class.

WE'RE NOT JUST A GYM

Forget the monotony of a regular gym. Our classes are designed to fun and engaging!



FOUNDRYFITNESSDELMAR.COM

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