

Homepage

The logo for Muscle Gym, featuring the words "MUSCLE" and "GYM" in a bold, stylized font. "MUSCLE" is in orange and "GYM" is in red, both with a black outline. The background of the logo is a dark blue, textured pattern.[Home](#)[Classes](#)[Info](#)[Membership](#)[Staff](#)[Profile](#)

Welcome!

Welcome to Muscle Gym,

Muscle Gym, one of the largest and fastest growing gym and gym community. Our website is connected to all 80 Muscle Gym locations. Not only can you find information about Muscle Gym and our services, you can also choose your trainers and sign up for classes online. Muscle Gym strives on efficiency and convenience. We understand that time is a precious commodity and we do our best and work hard so you don't waste yours. Sign up and become a member and have access to the full benefits of muscle gym.

[Click here to Register!](#)

[Click here to Login!](#)

**SIGN A
FRIEND UP.
GET \$50**

Karate
Coming
Soon
Class

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Classes Page



**MUSCLE
GYM**

[Home](#)

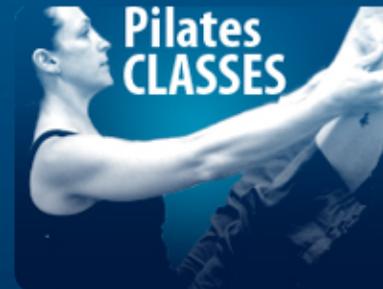
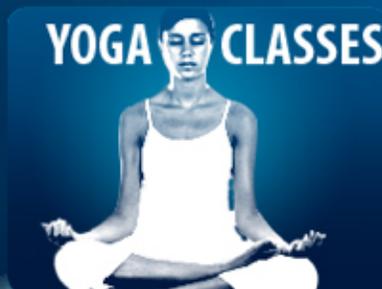
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Info Page



[Home](#)
[Classes](#)
[Info](#)
[Membership](#)
[Staff](#)
[Profile](#)

Company Info

Muscle Gym was created back in 2002 in Bronx, NY. What started out as a personal gym for Julie and her friends turned into the fastest growing gym in the area.

Muscle gym is a 5 story gym. Each floor focuses on different exercises and goals with the latest in exercise techniques and equipment.

- **First Floor**
 - bikes
 - treadmills
 - cardio
 - classes
 - track
- **Second floor**
 - free weights
 - machines
 - elliptical machines
- **Third floor**
 - swimming pool
- **Forth and Fifth floor**
 - Classes



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Karate

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Soon

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Membership Page

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Membership

When you sign up with Muscle Gym, you get many benefits that most gyms can't offer especially when it comes to online services. Once you register and take our survey, we will create a training program that will meet your fitness goals.

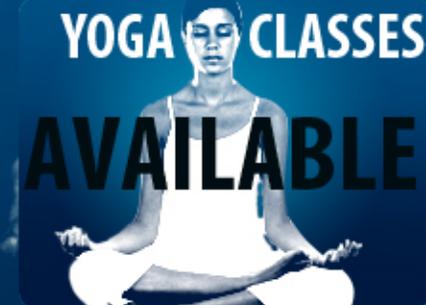
You can choose your preferred trainer and schedule your sessions online. Another benefit is being able to register for classes online, so you don't have to rush to the gym or be in a line to get the classes you want.

Sign up Here to Register!

Click here To Login!



**MEMBERSHIP
ONLY 40 DOLLARS
A MONTH**



**YOGA CLASSES
AVAILABLE**

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Registration

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Account Information

Please fill out the form to join and gain full access to all the benefits of Muscle Gym's website.

Username:

Email:

Password:

Confirm Password:

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Login



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[Info](#)

[Membership](#)

[Staff](#)

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Login

Please Login to gain full access to Muscle Gym

Username:

Password:

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Staff Page

[Home](#)[Classes](#)[Info](#)[Membership](#)[Staff](#)[Profile](#)

Muscle Gym Trainer Staff



Julie Hill, 5 time Miss universe champion, a master in tai kwan do and karate, opened Muscle gym to not only promote health, well being, and fitness to the community. She is a registered nutritionist and trainer. She has been a trainer for over 8 years and has trained celebrities for 5.

Muscle Gym's trainers are some of the best in the country. All are trained professionals with years of experience under thier belts. Our class instructors also have years of experience and a deep passion for the classes they teach. Thier goal's are to push you, motivate you, and help you achieve your fitness goal, with positive re-enforcement which will motivate you and help you gain higher self esteem and confidence. We are here to help you reach your goals!



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Feel Free to drop a line or leave a comment!

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Last Name:

Email:

Comments:

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