



Our Services are Always in Season.

We are a full service landscape and lawn maintenance company serving the needs of homeowner's landscaping projects large or small.

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BACK TO SCHOOL, BACK TO YOU

Provided by GYMGUYZ Main Line & Montgomery County

September marks a fresh start — not just for students, but for adults, too. With the kids back in school, now's the perfect time to refocus on your own health and fitness.

- **Create a Consistent Schedule:**

With routines back in place, carve out dedicated time for exercise. Even 30 minutes, 3–4 times a week, can make a big difference. GYMGUYZ trainers can help you lock in a schedule that works around school drop-offs, work hours, and family time.

- **Make It a Family Affair:** Don't leave fitness just for you — get the kids involved! Active games, weekend hikes, or family workouts keep everyone healthy and connected.

- **Set a Fall Goal:** Whether it's running a 5K, losing a few pounds, or getting stronger, having a clear goal for the fall will keep you motivated through the busy months ahead.

Be Part of the Bigger Picture!

The Pottstown Rotary Club Wants You!



Join Rotary's 1.2 million neighbors, friends, leaders, and problem-solvers who see a world where people unite and take action to create lasting change — across the globe, in our communities, and in ourselves.

*Please call **Amira Heim** at **610.416.2999** to learn more!*



www.pottstownrotary.org



Because 80% of people who have a gym membership, don't use it.

WE DRIVE THE GYM TO YOU.

CALL US TODAY TO BOOK YOUR COMPLIMENTARY FITNESS ASSESSMENT

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