



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

5 REASONS TO TRY CrossFit

1. FAST RESULTS

CrossFit decreases body fat, increases muscle mass, improves triglycerides, and strengthens bones! High intensity interval training produces measurable results! **Welcome to a world where routine is the enemy and change is certain!**

2. SCALABILITY

Workouts change everyday and is scaled to your current conditioning ability so it's individualized for you. Whether you're a professional athlete, out of shape, or a retiree, our **CrossFit program is adapted to suit the needs of any individual!**

3. MOTIVATION

Losing the excitement you used to have for exercise? We'll, keep it going! Instructors provide personal attention and everyone is supportive of one another! **Workouts are short, intense and best of all, motivational!**

4. NEUROLOGICAL BENEFITS

By practicing functional movements that are inescapable in daily life, you're learning to move safely and efficiently. For example, though the deadlift might sound dangerous, any time you pick an object off the ground, you're completing a deadlift. **By practicing the movement, you're wiring your body to perform everyday movements better and safer!**

5. TRY IT FOR FREE!

Now's your chance to see what everyone's talking about and see how CrossFit can change your body and your life!

NOVEMBER 1 AND NOVEMBER 8

CrossFit Mobility and Body Weight class

9:30 am - 10:15 am

FREE TO MEMBERS AND NONMEMBERS

PLUS - JOIN IN NOVEMBER

and get FREE FUNDAMENTALS CLASSES
when you sign-up for monthly CrossFit

November 3 - 6 & 10 6:15 pm - 7:00 pm

November 9 - 13 9:30 am - 10:15 am

SIGN UP TODAY!

