

CrossFit Kitchener is now offering a 4 week bootcamp for beginner's running every Monday, Wednesday and Friday at 8pm, and a second one offset by 2 weeks running every Tuesday and Thursday at 8pm and Saturday morning at 10:30am. This is a perfect way for people who are interested in trying out CrossFit to ease into our program and learn all the fundamental movements along with other beginner's in an extremely motivating, effective and fun setting. Come on out and see what *CrossFit is all about!*

# CrossFit KITCHENER

stronger • fitter • faster



## 4 Week CrossFit Bootcamp! A New Bootcamp starts every 2 weeks!

CrossFit Kitchener—Stronger Fitter Faster

**Cost: \$150 plus HST**

Call or e-mail

[joanne@crossfitkitchener.com](mailto:joanne@crossfitkitchener.com)

to reserve a spot.

*Spaces are limited!*

CrossFit Kitchener

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Kitchener, ON

519.208.7240

[www.crossfitkitchener.com](http://www.crossfitkitchener.com)

### Benefits:

- Our program has been proven to be effective
- Small class sizes to give you extra attention
- Nutritional guidance provided
- Improvement in body composition
- Increased strength, stamina, flexibility, cardio-respiratory endurance, agility, balance, coordination, power, accuracy and speed
- Measurable results: we will do a benchmark workout on your first day and repeat the same workout on your last day to measure improvements
- Log books provided
- No boredom factor!