



**Introduces**

# **CrossFit Lite Fitness Classes!**

## **Starting soon in 2012**

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**Are you intrigued by CrossFit but feel intimidated by the regular classes?**

**Are you ready for a change from your regular gym routine?**

**Looking for more direction, motivation and results?**

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**1 Hour classes offered Mon/Wed/Fri at 10:30am.**

**4 week sessions - \$130 plus HST**

**Start anytime; no Introductory Training required.**

**Small class size - same personal attention as our regular classes.**

**To register or arrange a **Free Trial Class** contact:**

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