



BEFORE



AFTER

WEEKEND BOOTCAMP [FREE]

ALL AGES + ALL FITNESS LEVELS + LIMITED SPACE
EMAIL INFO@CROSSFITGYMS.COM FOR SIGN UP

CROSSFIT IS:

ATHLETICS + FIRE FIGHTERS + MILITARY
GRANDPARENTS + PARENTS + PRIMAL
HOCKEY PLAYERS + HOCKEY MOMS
STRENGTH + ENDURANCE + FUNCTIONAL
MARTIAL ARTISTS + SPEED + HEALTH
LEAN + CLEAN + MEAN + POWER + PALEO
YOU + ME + EVERYONE + PERFORMANCE
GROUPS + PERSONAL + NUTRITION



contact

CROSSFITGYMS.COM
416.538.GYMS

location

20 GLADSTONE AVE
QUEEN + DUFFERIN

reason

FREE TRIAL
NO EXCUSES

kettle bells + olympic weight lifting + rowing + nutrition + paleo + ropes
gymnastics + hammer swings + truck tires + pull ups + power lifting
med balls + boxing + martial arts + yoga + plyometrics + endurance