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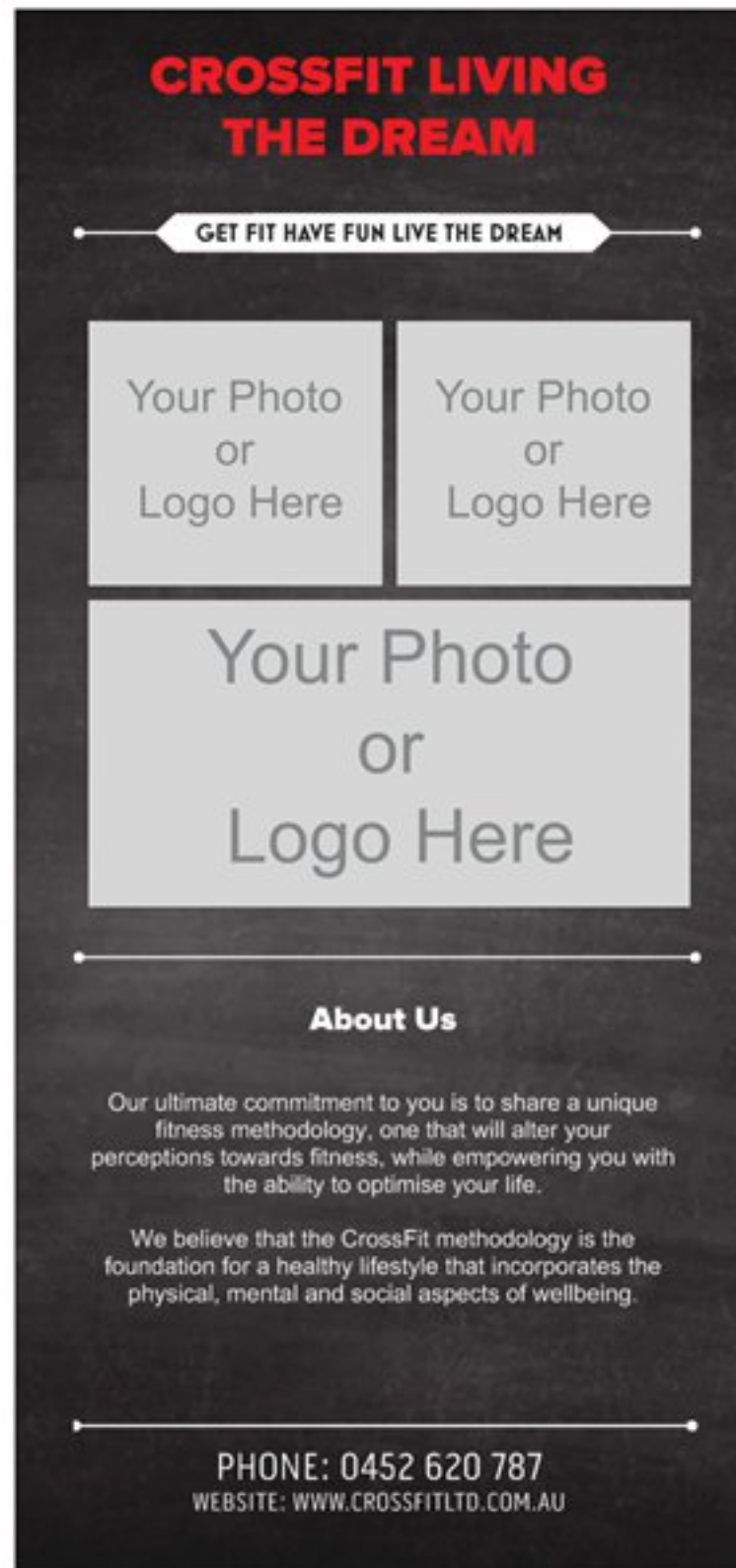
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DL Flyers: Front side



DL Flyers: Reverse side

What is CrossFit?
Crossfit is a core strength and conditioning program that utilises constantly varied functional movements performed at relative intensity. We aim to improve these elements of fitness:






cardiovascular/respiratory endurance
 stamina
 strength
 flexibility
 power
 speed
 coordination
 agility
 balance
 accuracy

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Our CrossFit program is an innovative training system that is tailored for everyone! Whether you are 80 years old, never stepped into a fitness centre or a seasoned athlete Crossfit LTD can help you achieve your full potential. All of our coaches are passionate about improving quality of life through functional exercise. We careful coach you through this process , prioritising technique and safety at all times.

11/5 Sefton Road
 Thornleigh, NSW, Australia

PHONE: 0452 620 787
 EMAIL: info@crossfitltd.com.au
 WEBSITE: WWW.CROSSFITLTD.COM.AU

Name	Details
<p align="center">Crossfit Flyer</p>	<p>Product: DL Flyers Created: 18/09/2015 Identification #: KXR1Q-H3A81-3K4</p> <p align="center">Share     </p>

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