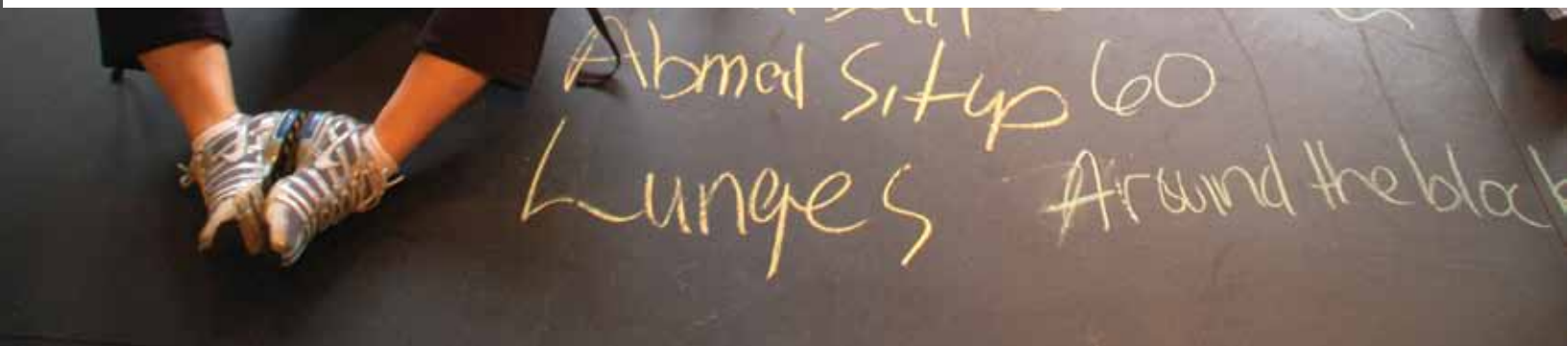




CROSSFIT
WESTSIDE



Crossfit Westside works with many companies in Vancouver who see the great benefits of their staff training in Crossfit.

We'd love to train you and your company

We offer Crossfit training programs that fit the needs of our many corporate clients. There are lots of reasons to consider organizing a group from your company to come in and check out Crossfit:

- Crossfit is an amazing workout that works your whole body in under an hour
- We can schedule a regular time for your group to workout that fits into your work schedule
- It's great for team-building while getting in fantastic shape
- We make every workout fun and challenging
- Crossfit workouts will give you and your coworkers lots of energy
- We offer great discounts to companies to workout as a group

CALL US TODAY TO SCHEDULE A FREE PRIVATE INTRO SESSION TO CFWS.

www.crossfitwestside.com

We are committed to offering the best coaching and training in a fun and positive environment that allows all our members to learn and grow in the Crossfit Philosophy.

- Jenika Gordon, Founder

CROSSFIT WESTSIDE IS A FITNESS FACILITY THAT OFFERS GROUP CLASSES AND PRIVATE TRAINING IN DOWNTOWN VANCOUVER.

We teach basic to advanced level classes in functional exercise, athletic conditioning, kettlebell training, Olympic weightlifting, medicine ball and dumbbell training, powerlifting, bodyweight movements, plyometrics, rowing, running and jumping rope. Each workout has a different combination of exercises with varied repetitions, rounds, and time. Our students are diverse in all their levels of conditioning and lives; and include business executives, lawyers, working mothers, actors, students, families, and athletes.

CALL US TODAY TO SCHEDULE A FREE PRIVATE INTRO SESSION TO CROSSFIT WESTSIDE.

CONTACT INFO

Phone: 604-628-2396
Email: info@crossfitwestside.com
Web: www.crossfitwestside.com



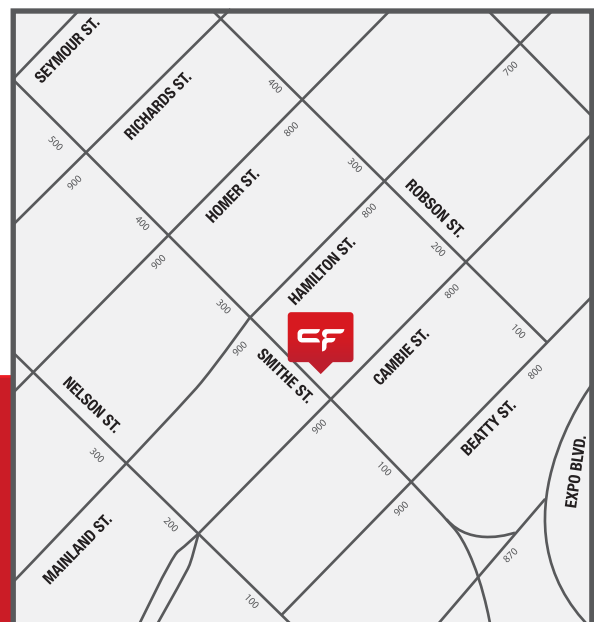
CROSSFIT
WESTSIDE



LOCATION

Unit 102- 225 Smithe St.
Vancouver B.C. V6B 4X7

(Corner of Cambie and Smithe)



never never never give up