

Register now for **FREE**

WagJag.com

Wednesday's WagJag

Introduction to Cross Fit. \$20 for 6 Classes. Value of \$120. Includes a Personal Fitness Assessment

Highlights

Every CrossFit session begins with a Personal Fitness Assessment - included in this deal
Special offer: 50% off 1 hour massage RMT - ART
CrossFit is a workout that is different, fun and intense, using full body movements. You will never be bored.



www.crossfitaltitude.com
(905) 691-3035



83% Discount

Active WagJag
\$29 for 45 days of unlimited hot yoga classes at Shunyata Yoga (A \$150 value)
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Active WagJag
\$20 for \$75 worth of computer services at Lara Internet Service Provider
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\$69 for a 30 day membership plus 4 infrared sauna sessions at T Zone Burlington
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