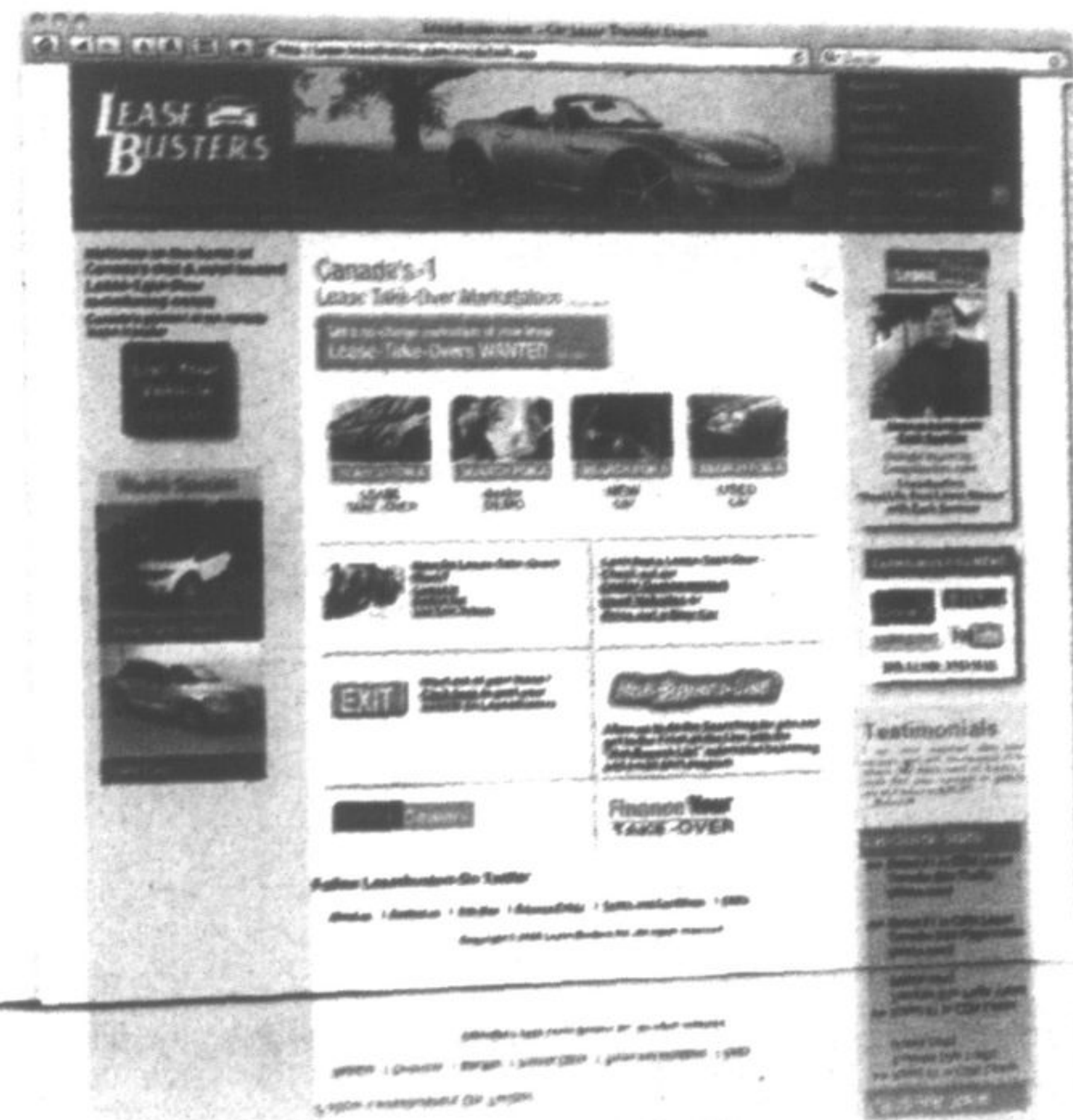


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BUSINESS: Family opens Stouffville fitness centre

CrossFit has roots in California

CrossFit training is now available at Stouffville's newest fitness centre - CrossFit Crux.

The facility, at 100 Ringwood Dr., unit 12, opened on March 6 and is owned by Cindy and Sean Allinson.

CrossFit is a core strengthening and conditioning program that utilizes functional movements to achieve cardiovascular and respiratory endurance, stamina, strength, flexibility, power, speed, co-ordination, agility, balance and accuracy. It started in California before spreading across North America.

The Allinsons have been CrossFit enthusiasts for more than four years and are Level 1 certified. They also hold certificates in Olympic lifting and nutrition.

"At CrossFit Crux we believe the key to success is mechanics, consistency and then intensity," Mr. Allinson said. "In other words, before we load anyone up with weights or increase their intensity, we ensure they have correct mechanics on a consistent basis in order to eliminate injury."

"We then gradually add loads and intensity to make the workouts more challenging. All participants complete the same workout. The difference is in the degree, not the kind of workout."

For more information, go to www.crossfitcrux.com or call 416-662-1637 for a free introductory session.

To share business news with readers of The Sun-Tribune, e-mail editor Jim Mason at jmason@ymg.com



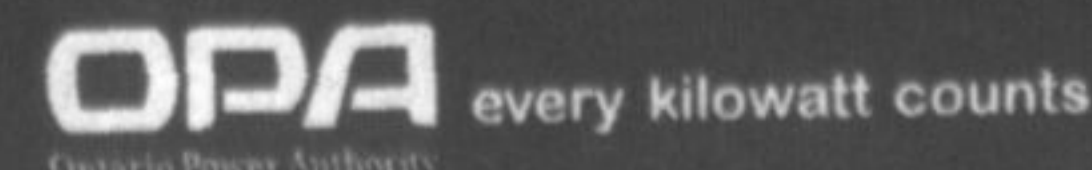
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