

NEW you

CROSSFIT CRUX

100 Ringwood Drive, Unit 12,
Stouffville 416-662-1637
www.crossfitcrux.com

At CrossFit Crux you have nothing to lose but extra weight!

CrossFit Crux is embarking on its one-year anniversary in Stouffville and is growing STRONG!

What is CrossFit and why haven't you heard of this ever-popular fitness program? Well, probably because we are not your typical big box globo gym, with rows of treadmill and elliptical machines!

We are not a 'one-size-fits-all' gym. We are 'old-school fitness', with barbells, kettle bells, pull up bars and burpees! We are CrossFit and we get RESULTS fast! We don't just cater to the fit and young, our members range from ages 8 to 60 with various fitness levels.

The CrossFit program is designed for universal scalability, making it the perfect application for any committed individual regardless of experience. We spend time each class teaching people how to exercise safely and effectively. We won't kid you though, CrossFit is hard work but it is worth it! Just ask any of our members!

So why CrossFit and what makes us unique? We use a variety of functional multi-joint movements that work more than one muscle group at a time. Not only is this more efficient, it is how our bodies were meant to work, so our bodies adapt to these exercises better which forces positive change.

Once proper form is met, we begin to add intensity to the workouts. Most people, going to the gym, spend way too much time resting and not enough time working out. At CrossFit, our workouts consist of a set of specific tasks that have to get done as quickly as possible (while using proper form). Putting people on a clock pushes them harder than they would otherwise and it's this increase in intensity that really fuels the gains. To force those positive adaptations, we have to push our body out of the comfort zone. At CrossFit Crux, we teach people how to get there and we are as proud of the results as you will be!

By focusing on the bigger goal of getting more 'fit', we also get the side effects of better fitness which include looking better in a swimsuit, a lower percentage of body fat and increased cardio-respiratory endurance.

Our classes are also done in a group setting, with constantly changing workouts. This prevents the typical boredom from setting in and also prevents your body from getting comfortable with

'the same old workout'. The group class works, because people are very motivated when surrounded by others doing the same workout and will push themselves to keep up. You are surrounded by people telling you that you 'can do it' and cheering you on when the going gets tough.

This environment cannot be replicated in a standard gym or in your basement gym. It is this motivation and camaraderie that helps push people to do things that they never thought possible! It also keeps people coming back week after week!

All these things combine to make CrossFit the best fitness program there is. Why not come try us out? The first class is always free! What do you have to lose (but some extra weight?)

To get more information on our schedule and prices, check out our website www.crossfitcrux.com or email info@crossfitcrux.com.



Owners, Sean & Cindy Allinson

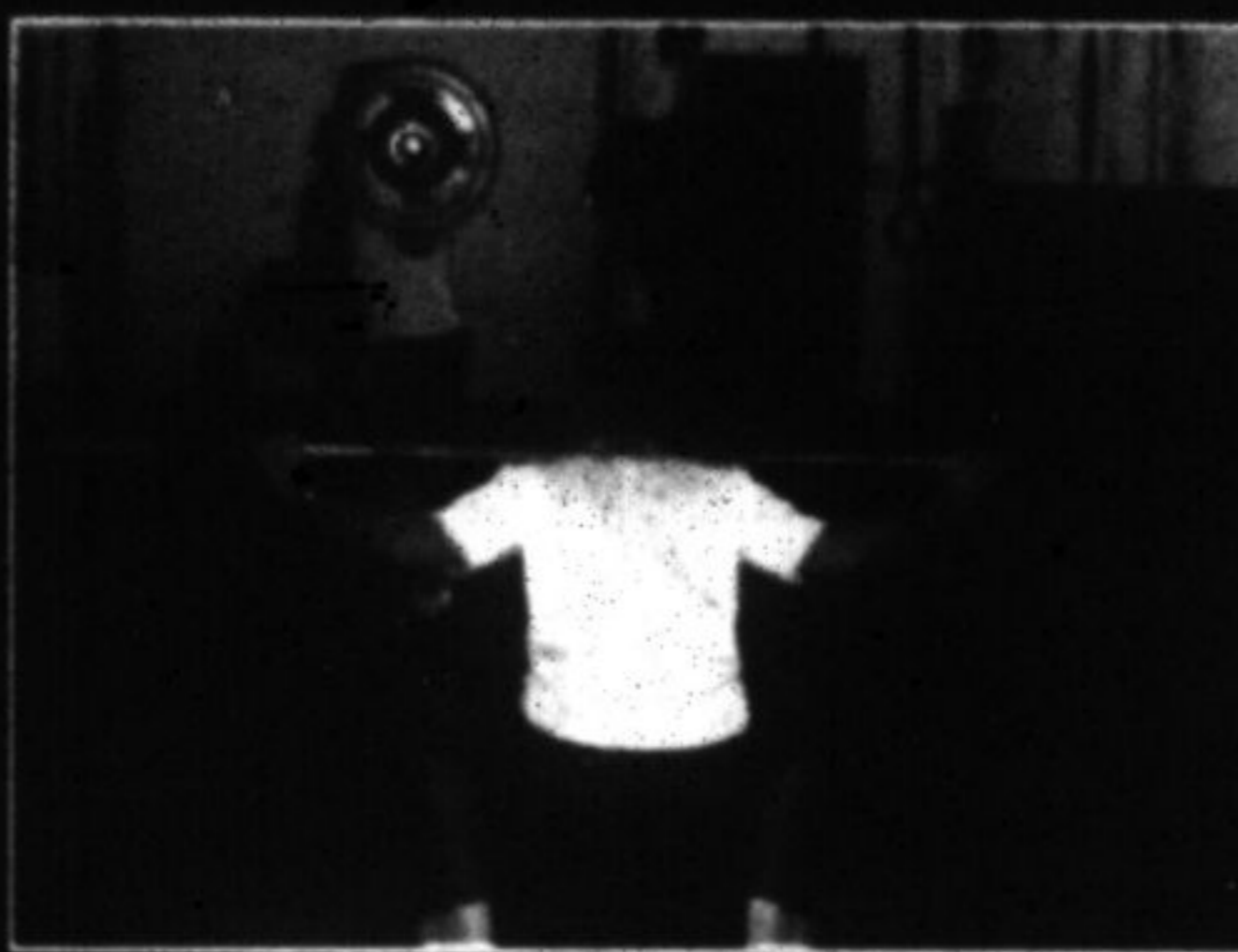
CROSSFIT

Why settle
for getting
just fit,
when you
can be
CrossFit.

Being weak is a choice,
be strong!

Our Fitness program is suitable for all ages and fitness levels

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Herb and Alene Hoover
would like to introduce



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