



CROSSFIT'BC
FORGING  ELITE  FITNESS

How do I get started training @ CrossFit BC?

.All new clients start with a free fitness evaluation so send

an e-mail to info@crossfitbc.com or call 604-683-2446 to book your session.

You will then run through 10 private training sessions called Foundations.

This series is designed to teach you all of the correct movements associated with **CrossFit** training.

I am not in good shape should I wait to start?

No!! Since **CrossFit** workouts are scalable every person can do and learn the

correct movements in a controlled, safe environment.

I have been going to the gym however I am bored.

Yes we understand how you feel, unlike the gym, **CrossFit** workouts

are constantly varied and based on functional movements.

The body never knows what to expect.

Also, all **CrossFitBC** classes are run by a coach that is there to help you perform the movements with correct form and intensity.

Do not wait; start training your **new** self today