



Open Day

Saturday 30th May

10am – 4pm

Gate 3, 402 Albany Highway, Albany

www.crossfitauckland.com

CrossFit is "One of the fastest-growing fitness movements on the planet" - the Business News Network

CrossFit is a principal training system of the US Navy SEALs, US Marine Corps, Fire and Police Departments, SWAT and many internationally competitive athletes. CrossFit training is now available to you in Albany, on Auckland's North Shore.

CrossFit Auckland is a fitness training facility with a goal of overall fitness, functional strength and all round physical preparedness. Workouts are 100% supervised by expert coaches and suitable for any fitness or skill level.

Come to the Open Day and experience the CrossFit training system FREE

- Small group training sessions are led by certified CrossFit Coaches starting every 20 minutes from 10am, last class commences 12pm. Next session starting at 2pm with the last class commencing at 3pm. (Strictly limited to 12 places per class).
- Classes are approximately 50min including warm-up and cool-down.
- **Everyone is welcome** regardless of age or experience. *(Children under 15 must be accompanied by an adult).*

CrossFit Auckland is currently accepting applications for an Athlete Sponsorship Programme. This is limited to 2 placements only. Applications and enquiries can be made at the open day or via the website.

Plenty of Discounts and Giveaways including:

- **WIN ONE OF TWO 12 WEEK MEMBERSHIPS** – 2 Class p/wk Membership giveaways (1 Student and 1 Adult)
- Xtreme Nutrition will be onsite offering tasty protein shakes for after your workout
- Under Armour apparel at discounted prices. Visit www.underarmour.co.nz to preview
- MMA GEAR apparel and equipment at discounted prices. Visit www.mmagear.co.nz to preview
- Prize giveaways from sponsors
- Exclusive Open Day Offer – **NO JOINING FEE – SAVING OF \$50**