

***Kick off your New Year's
Resolution at***

Westsound
CROSSFIT
FORGING ELITE FITNESS

Join the January 2012

“On Ramp” classes and SAVE!

Heard about CrossFit, but don't know where to start? Our On Ramp is a 12-class introduction designed to teach the beginner proper mechanics and fundamental movements to ensure success in our ongoing CrossFit classes. The On Ramp gradually exposes each client to the intensity of the workouts, with an emphasis on proper nutrition. Upon successful completion, clients will have access to our group classes.

It is imperative that you attend all classes. Each day you will be exposed to new

**New Year's Special
50% off your January On Ramp**

**Starts January 2nd, 2012
Cost: \$125**

**Space is limited, call now to
register:
(360)-981-6874**

Each class will cover:

- **Warm up:** A series of basic moves to ensure your muscles and joints are prepared for what you'll do in the WOD (Workout of the Day).
- **Lifts & Movements:** CrossFit Fundamental movements will be introduced, and practiced for use in the WOD.
- **W.O.D.:** The Work out of the Day will be explained and demonstrated. IT will be done as a group, in a coached environment. 3,2,1, Go! Rest assured the WOD's are scaled to your current fitness level.
- **Wrap Up:** We'll do some stretching/cool down while discussing different topics each day like: nutrition, food logs, etc.

**Mick Lewis
mick@westsoundcrossfit.com
(360) 981-6874**

626 Bay Street ~ Port Orchard, WA