

# Get in THE BEST SHAPE OF YOUR LIFE in 2020!...

## It really is possible and we want to help you get there!

### Coaching, Classes, Community

If you have ever DREAMED OF LOOKING & FEELING BETTER but you're haunted by past diet disasters and fitness failures, then THIS ARTICLE IS FOR YOU!!!

- Have you tried a myriad of gym memberships, exercise programs, and yo-yo diets that only seem to work for a few weeks?
- Do your workouts leave you bored out of your mind, unmotivated, and looking for excuses to retreat to your unhealthy comfort zone?
- Are you intimidated at the mere thought of joining group fitness classes, because you feel like you're just too out of shape?
- Do you have nagging aches and pains that prevent you from even considering a new exercise plan?

If you answered yes to any of these questions, I want you to know that YOU ARE NOT ALONE!

That's how most of our members felt before they stepped into our gym for the first time.

After overcoming those initial fears and mustering the courage to give their fitness goals another shot, our new members quickly realize that we offer a totally DIFFERENT APPROACH TO FITNESS.

- The workouts are constantly varied so you won't get bored after the first couple weeks.
- The functional movements are infinitely scalable and easily customized to meet you where you're at, regardless of your current fitness level or physical limitations.
- You will feel noticeable improvements in your strength and cardio, which will motivate you to keep the momentum moving in the right direction.
- Most importantly, you'll meet a community of like-minded people with similar goals and struggles, who will have you looking forward to working out with friends and blowing off steam on a regular basis.

Here are two of our current members who saw great results in 2019 and wanted to share their stories.

### WILL ROUTH: Lost over 100-LB and 7" around his waist!

When I started CrossFit in January of 2018, I hadn't worked out in many years. I was very out of shape and severely overweight.

Looking back, I am so grateful that I swallowed my pride and got up the courage to give CrossFit a try.

I've made a ton of new friends at the gym who have kept me motivated and encouraged me to set new goals.

Now I can honestly say that I am in **THE BEST SHAPE OF MY LIFE!**



912-326-7163 | [CrossFitCrazyStrong.com](http://CrossFitCrazyStrong.com) | 603 NW Main St



BEFORE



AFTER

### JEAN KENNEY: Lost over 50-LB and 5" around her waist!

Six months ago, I walked into BootCamp for the first time. I was super scared, because I was out of shape, had bad knees, and had never done a fitness class before—but I knew I had to do something to start getting into shape.

I'm not going to lie, it's been hard work and I get sore, but the coaches are super caring and encouraging, which keeps me coming back.

Best of all, IT'S WORKING! I've lost over 50 pounds since starting, my latest blood-work came back perfect, and my chronic knee pain has improved dramatically.



BEFORE



AFTER

**50% OFF Your First Month - If you call by January 11**  
**912-326-7163**