



Find out why CrossFit is known as
'the sport of fitness'.

OPEN DAY

Sunday 13 December | 10am-4pm
22 Mokoia Road [behind Post Office]



- Over \$1,000 of giveaways on the day including the chance to win 6 weeks of CrossFit coaching
- See current members participating in classes
- Open day specials

TESTIMONIAL: John Mayhew, Sports Physician



I've been a member at CrossFit Birkenhead for the last 3 months and prior to that, CrossFit Birkenhead coach Paul Davies had been training me using CrossFit methods in one-on-one sessions. CrossFit workouts are unparalleled to any other workouts in the New Zealand fitness industry today and it is not a new fad that is going to disappear anytime soon. In a CrossFit class members are always educated on best practise and technique is always taught and monitored. As a physician, I have been impressed by Paul's ability to scale workouts to appropriately suit individual needs. Each CrossFit workout is always different and your body and mind is continually challenged. I have referred my own family and friends to Paul and many of them are now also members of CrossFit Birkenhead.