

The Crossfit Method

with Joseph Wilson,

Crossfit Certifications: Level 1 Instructor, Basic Barbell, Olympic Lifting and Nutrition

sun	mon	tues	wed	thurs	fri	sat
9:00am	7:00am 9:30am	1:45pm			10:30am	

Sign up in advance at the front desk,
info@totum.ca or 416-979-2449

The Crossfit Method is:

1. Cardiovascular/Respiratory Endurance
2. Stamina
3. Strength
4. Flexibility
5. Power
6. Speed
7. Coordination
8. Agility
9. Balance
10. Accuracy

It's high intensity, constantly
varying and exhilarating!

Try it... you might like it.



Joseph Wilson

Space is limited to 6
participants. Private sessions
are also available.

If you have questions please
leave a message for Joseph at the
front desk.

Members: \$10 per session
Guests: \$20 per session