



SUMNER CROSSFIT

Short Duration, High Intensity, Functional Movement Training

The "Un" Club Philosophy:

CrossFit Sumner and The Body Studio (www.thebodystudio.org) are dedicated to REAL FITNESS. We are NOT a "club". Our classes and training sessions are for people who have decided to make health and fitness a major part of their lives, and understand that you have to invest in your body. You will not find machines waiting for you to waste countless hours with no real results. You will not find people more interested in looking in the mirror than working out with you. You will not find classes without purpose. The word "Trainer" on the back of a shirt has no meaning here. What you WILL find are people to help you reach your goals and encourage you to achieve your potential. You will make friends, get results, and feel amazing. This is a place to get fit, find health, and "CHALLENGE YOURSELF".

FREE PASS Bring in this pass for one FREE training session with a CrossFit Instructor



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www.thebodystudio.org • phone **253.321.2181** • 15718 E. Main Street Sumner, 98390



Are you up for the Challenge? Do you want to continue your fitness program, or start a new one all together? Are you ready to belong to a studio that will make a difference in your life? Welcome to The Body Studio. Where real people are making real changes in their lives.

NO JOINING FEE with coupon (New members only, offer good on EFT year contracts only. \$75 savings)



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Body Rox • Boot Camp • BOSU • Cardio Kids • Kickboxing • Pilates • PIYO • Q-Bo • Reformer • Spin • Step • Yoga and more!