

# CROSSFIT 4010

**BOOK IN  
FOR A FREE  
INTRODUCTION  
SESSION TODAY!**

**WELCOME TO  
THE PREMIUM  
CROSSFIT  
GYM OF  
TAIRĀWHITI**



**CROSSFIT 4010 HAS EVERYTHING YOU  
NEED TO GET STARTED...**

For all forms and timetables visit our website.  
CrossFit 4010 has specialised programmes  
available as well as one on one  
personal training.



- **CONSTANTLY VARIED**
- **FUNCTIONAL MOVEMENT**
- **HIGH INTENSITY**

**[WWW.CROSSFIT4010.CO.NZ](http://WWW.CROSSFIT4010.CO.NZ)**

