

Special Offer for Minor Baseball Parents

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Parents of Oakville Minor Baseball Players will receive a 20%
Discount on 2 month or more memberships.

Benefits of CrossFit include

- Weight loss
- Improved running technique
- Increase in Aerobic and Anaerobic endurance
- Increased strength, speed, and agility
 - Decreased risk of injury
 - Loss of inches
- Increased Mental fortitude

Call 647-284-5901

2334 Wycroft Road

www.transitioncrossfit.com