

CROSSFIT.JULIA

20% off for life for BVSD employees!



Our mission at CrossFit.Julia is:

“To provide a dynamic and innovative wellness experience that promotes goal achievement and camaraderie, increases self-confidence, and rejuvenates the body.”

We are here to see our clients maximize their wellness potential in a motivating, fun, and goal oriented environment that is focused on total body fitness and therapeutic massage.

The fitness element, CrossFit, is a multi-faceted approach to being in the best shape of your life. In one workout, clients engage their bodies in activities that are designed to improve cardiovascular health, strength, stamina, flexibility, power, speed, coordination, agility, balance, and accuracy. In most traditional fitness settings, each one of these areas is focused on individually, thus increasing the time until results are seen. Not only does CrossFit train the body completely, it is based on achieving personal goals, which provides the mental motivation needed to keep pushing above and beyond the current set of “limits.” There are no glass ceilings here.

Next stop: therapeutic massage. The place to relax, recover, and look inside at all the places traveled to and all the places still left to go. Massage allows the body to refresh and reconnect by relaxing sore muscles, flushing out waste products, and improving circulation, flexibility, and range of motion, among many other benefits. Most of all, therapeutic massage provides much needed “me time” and is the place of rejuvenation and preparation for the next set of challenges.

So now, imagine a place where you could push your body’s limits, a place where your mind could elevate you above those limits and in the end, a place where you could come out knowing exactly who you are and what you’re made of. What does that place look like? For some it’s the top of a mountain. For others it’s the waves of the ocean. For us it’s CrossFit.Julia.

INFORMATION

CROSSFIT

Class Times

12pm-1pm, 2:30pm-3:30pm,
4pm-5pm, 5:30pm-6:30 pm

Pricing

Unlimited CrossFit packages include one 60 - minute massage each month and start at \$129 for BVSD employees.

MASSAGE

Days of Operation:

Monday – Saturday

Pricing:

30 minute session	\$35
60 minute session	\$60
90 minute session	\$85

BOOK ONLINE!

Contact Us

303-931-5106

www.crossfitjulia.com

685 S. Arthur Ave. Unit 3

Louisville, CO 80027

CrossFit Julia

Train Hard. Recover Fast. Repeat.



3 Week Intro to CrossFit for \$59!
RESULTS HAPPEN HERE

Lose weight, gain strength,
meet great people.

Men & women, all ages welcome.

You will love this program.

685 S. Arthur Ave., Unit 3 • Louisville, CO 80027

720.318.7639 • www.crossfitjulia.com