

# US CrossFit is not a gym, it's a lifestyle.



**Mark Divine**  
President & CEO  
US CrossFit

## Are you...

- Turned off by the impersonal and boring “globo-gyms”?
- Seeking to build character, confidence, and mental toughness?
- Striving to take your fitness to the next level?
- Looking to get faster, stronger, and better at your sport?

If so, I would like to personally invite you to schedule a free fitness evaluation to see if US CrossFit is for you.

US CrossFit Programming is designed to improve your work capacity across the ten domains of fitness recognized by experts:

**Cardio Respiratory Endurance • Stamina • Strength • Flexibility • Power Speed • Coordination • Agility • Balance • Accuracy**

We deliver cutting edge crossfit and martial arts programs to a variety of clients and are staffed with world-class experts. Our beautiful, state-of-the-art, 5,000 square foot indoor-outdoor facility is located in downtown Encinitas. We focus on effective core fitness utilizing varied, functional movements with pull-up systems, rowing machines, kettle bells, Olympic bumper plates, and a committed group of coaches and members in a group setting. No boring gym workouts on ineffective machines here. We utilize our facility and the amazing beaches and parks that surround it. Our members include executives, full-time moms, students, firefighters and law enforcement professionals, Navy SEAL candidates, elite athletes, and working and retired folks from all professions.



Our two world class trainers Alex & Rory



Utilizing the neighborhood beaches



Location, location, location



Group training sessions

**US CROSSFIT**

[www.uscrossfit.com](http://www.uscrossfit.com)

**Call us today for a FREE fitness evaluation at 760.634.3825**