

CROSSFIT VICE



**GET ONE WEEK OF CLASSES  
AND EXPERT COACHING WITHOUT  
WITHOUT PAYING A CENT!**



**THE CROSSFIT VICE EDITION**



# MULTIDISCIPLINARY FUNCTIONAL TRAINING

Our program uses functional movements that your body is naturally designed to do, combining elements of cardio, gymnastics, weightlifting, cycling, rowing, and more to improve your overall fitness in a balanced way.



# SPECIALIZED COACHING EVERY SESSION

Our professionally trained and expert coaches actively coach each class that you attend. Personal coaching like this would normally cost a fortune in traditional gyms, but here at VICE, the coaching session is included in all our memberships.



# YOUR VIBE ATTRACTS YOUR TRIBE





# FRIENDSHIP AND ACCOUNTABILITY

At VICE, our community is our greatest strength. You'll make lifelong friends to help inspire, challenge and motivate you. We train together, socialise together, and inspire each other to do our best and achieve our best!



# IT'S ALL ABOUT THE BRAND SYNERGY





# WHY CROSSFIT VICE

Justin Brown began his love for functional fitness over 10 years ago when he was encouraged by a friend to get out of the local body building gym and try CrossFit. He was hooked immediately by the variety, intensity, and community. This is how V.I.C.E was born standing for Varied,

Intense, Community Exercise.

Most people who make resolutions to get fit or live a healthier lifestyle don't follow through on their commitment. They can pay the gym membership, wear the right clothes, follow the right Instagramers or listen to 'Eye Of The Tiger' on repeat, but without this ONE vital ingredient they will fail. To truly follow through on achieving our goals we need coaches and friends to guide, motivate and support us. Without it, people don't stay accountable to the journey and they give up. We've all seen it a thousand times. At CrossFit VICE you will find an inspiring community of people who we are invested in your fitness journey from day one. You'll find a family.