CrossFit CEY - Somerset West & Strand

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Strand

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– Our Most Popular Training Programs –CrossFit CEY The Most Popular CrossFit Facility For Somerset West & Strand CrossFitCrossFitWe are a functional exercise gym that specializes in small group training as well as individual personal training.Our aim is to better people’s health, lifestyle, increase their fitness, assist in weight-loss, toning and increase their strength and performance required in their daily activities.Personal TrainingOur Personal Trainers will give you undivided one on one training, using a personalized program that will help you get back on your feet and into shape very quickly.We can measure and screen your body-fat alongside a before and after picture that will encourage you to keep working hard and not give up.BoxingOur Boxing classes will help you scorch off that body fat in no time.These classes are all fitness based and coached by Licensed and current Professional Boxers with years of experience.

Mobile: 0

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