



## CROSS FIT

Looking to push your limits, get stronger, and meet like-minded legends? CrossFit at Petroc is where it's at.

This weekly Sports Academy activity mixes strength training, cardio and functional fitness – perfect for boosting your performance and your confidence. It's intense, it's fun, and it's for everyone – no matter your starting point.

Train with a supportive crew, get expert guidance, and build skills that'll take you beyond the gym. Plus, there's the epic opportunity to compete in regional and national CrossFit-style events – just like our previous champs who repped Petroc at the AoC National Championships.

Strong mind, strong body, strong squad. That's CrossFit at Petroc.

Email [sports@petroc.ac.uk](mailto:sports@petroc.ac.uk) to sign up now and let's get you started on the most successful season ever!!

# PETROC

SPORTS ACADEMIES

[petroc.ac.uk/sports-academies](https://petroc.ac.uk/sports-academies)