

## Owners shape up

When Ian MacDonald was looking to get back into shape, he got in touch with personal trainer Chad Benko.

Not only did he get in great shape, he found a business partner.

Within a couple of workouts they were talking of opening a specific kind of fitness centre and have now opened CrossFit Saskatoon.

“We are not your global gym,” MacDonald said. “We are grassroots — community based.”

The facility offers a variety of classes in the early morning, during lunch hours and after work.

The workouts are geared toward simulating everyday life, MacDonald said, adding the facility has everything from free weights, multi-purpose apparatus and a climbing wall.

They also have a fitness room that is available to rent.

“It’s functional,” MacDonald said. “We get the muscles to do what they are supposed to do.”

The workouts are a combination of movements, such as pushing, pulling, squatting, lifting and running.

And there is always an instructor with you, making sure you are doing things correctly, Benko said.

“We are trying to break the traditional chain of thinking on fitness,” Benko added.

“We don’t train muscles or for strength. We train movements.

“You get results, but you have a lot of fun doing it.”

The workouts are constantly varied so you are never doing the same thing.

“It is a great way to get in shape,” Benko said, stressing the gym is for everyone, from beginners to hard-core athletes.

“We can modify the routines to where your fitness level is at.”

MacDonald said CrossFit has a large following on the web and people should visit their website or come down to see the facility and find out what it is all about.

CrossFit is open seven days a week from 6 a.m. to 9 a.m., lunch hours and after work from 4 p.m. to 9 p.m.

✓ **CROSSFIT SASKATOON INC.**

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**Ian MacDonald (left) and Chad Benko  
have opened CrossFit**