

There's A New Business In Town!

*Meet Entrepreneur & Client of Business Cape Breton's
Small Business Development Program
Keely Wadden of CrossFit D10*



CrossFit D10 (District 10) is a new startup fitness 2,500 square foot studio to be located in Glace Bay. CrossFit D10 offers a distinct style of fitness training, pulling from multiple schools of training philosophies. The purpose of the training offered at the studio is to provide the greatest, healthiest, and most efficient results possible. CrossFit D10 will be the only studio of its kind operating in Glace Bay.

Ms. Wadden has over 10 years of experience in the fitness field, is a Level 1 CrossFit certified instructor and has a passion for her clients and the fitness industry. Ms. Wadden's past experience as a coach and trainer is backed by countless positive testimonials from current and previous clients.

A unique feature to CrossFit D10 will be the operation of Ms. Wadden's non-profit organization, Shine Bright Health and Wellness Society. Shine Bright was established by Ms. Wadden as a program focused on youth at risk in our Cape Breton communities.

CONGRATULATIONS KEELY!