

LONGEVITY CITIES

---

*Recognized as a Longevity Spot by Longevity Cities —  
part of a circle of places where living well comes naturally.*

# CrossFit Mayhem

FEATURED ON LONGEVITY CITIES



*Movement & Fitness · April 2026*

*Maurice Lichtenberg*

---

CO-FOUNDER



verify

*Laura Pezza*

---

CO-FOUNDER