

ZoiSport

Summer 2010

“Strength Power Speed Agility Mobility”

Take your game to the next level for all sports!



www.crossfitfw.com

CROSSFIT / USAW Strength and Conditioning training is superior in producing a broad based fitness that stretches the boundaries of endurance to strength and power training! Our training is **functional, real and proven to make an athlete faster, stronger and able to tolerate higher stress demands!** Enroll your athlete now while there are still spots available!

Contact 817-271-4005 or 817-715-3437 for registration

Time: Morning Classes T-TH-SAT

30 Day Membership that is based on a 3 day / week training schedule

Place: CrossFit Fort Worth, 4400 McLean Road, Haltom City 76117

Fee: 140.00

Classes: 3 sessions per week for 3 summer months June-Aug 2010

- All training to be taught by CrossFit Certified Level 1 Trainer or USAW Level 1 Sports Performance Coach