

C R O S S F I T



**The Swimming Hole has
Ron McConnell
Certified CrossFit Trainer
to provide workouts like
you've never experienced!**

**THURSDAYS
4:45 - 5:30 P.M.
1/7 - 2/25**

**WANT TO KNOW MORE?
CHECK OUT CROSSFIT.COM OR
SEARCH FOR CROSSFIT ON
YOUTUBE.COM -- AND ONCE
YOU'RE READY, ONLY WHEN
YOU'RE READY, TRY
THIS SPECIALTY WORKOUT
SESSION!**

**\$80 MEMBER
\$95 NONMEMBER
Minimum of 6, Max of 10 Participants
Per Session
Go to the Front Desk
to Register**