



CROSSFIT
ADVENTURE



New Class Formats With Coach Dave:

**Sunday:
Olympic Lifting**

**Monday & Thursday:
Technique**

CrossFit Adventure

STARTING IN FEBRUARY

Olympic Lifting – Sunday @ 11a

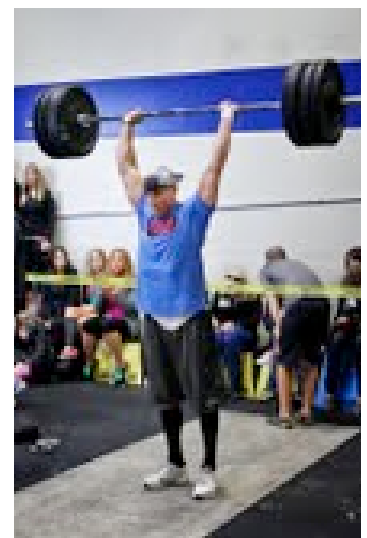
Technique – Monday @ 6:30p & Thursday @ 12:30p

DAVE GONZALEZ

CrossFit Level 1 Certified
CrossFit Olympic Lifting Certified
Kids CrossFit Certified

We are excited to announce new class formats to the February schedule. And what better coach can we ask for, none other than Dave Gonzalez. Being an athlete his entire life, he understands the discipline it takes to become a high performing CrossFitter. He will help you understand the weightlifting movements according to the CrossFit standards. All abilities are welcome to participate but we encourage at least 1-2 months of CrossFit training.

- 1) **SUNDAY'S at 11a- 12p** | Olympic Lifting
 - Learn to be more proficient in Olympic lifting techniques
 - This is not open gym, so be prepared for a workout
 - *15 Non-members, *10 for 2x/wk CFA Members and Free to CFA Unlimited Members
- 2) **MONDAY'S at 6:30p & THURSDAY'S at 12:30p** | Technique
 - Reinforce all fundamentals of CrossFit movements standards
 - Different format than daily WOD and/or can be done back-to-back
 - No additional fees



For more information, contact:

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