



Demo Day

Free Workout at CrossFit Adventure

Saturday, June 18, 2011

10 to 11am

1006 Shary Circle, Suite A ● Concord 94518



www.crossfitadventure.com

You may have heard the buzz about CrossFit and why it produces results quickly. Now is your chance to give it a try. CrossFit Adventure's Demo Day is a perfect opportunity to experience a CrossFit workout. The workout is free and open to the public – regardless of current fitness level. The coaches will guide you through a warm-up, instruction of some basic movements, a short workout using those movements, and a cool-down.

Meet and greet after the workout with:

- Coach **Rob Medsger**, Running & CF Level 1 Coach. He will host our Endurance Seminar on June 30th, @ 6:30p. Endurance Classes will begin July 7th, @ 5:30p.
- Meet our massage therapist **Michelle Caras**: vitalmassageandbodywork@gmail.com
- Our newest member, chiropractor and former US Olympic Bobsled teammate **John Caponio** : <http://www.DrCaponioDC.com>

Space for this workout is limited,
so call or email us today
to reserve your spot!!

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