

FALLOUT CROSSFIT

Providing Quality Strength and Conditioning for Athletes

CrossFit Kids and Teen Summer Schedule

Session I: 6/17 - 7/10

Session II: 7/22 - 8/14

Kids - ages 12 & under

Tuesday/Thursday

9:00 - 9:45 am

Teens - ages 12 & up

Tuesday/Thursday

10:00 - 10:45 am

or

10:45 - 11:30 am

Price: \$60.00 per session (tax included)

Athletes attend two classes per week

Space is limited for each session!

Improve performance in 10 physical skills:

* Agility * Cardiovascular/Respiratory Endurance * Speed * Power *
Strength * Flexibility * Stamina * Accuracy * Balance * Coordination *

Give your athlete the competitive edge!

For more information or to register, email:

contact@falloutcrossfit.com

or call (509) 735-0340/(509) 628-6766

