

CROSSFIT

45 DAY

CHALLENGE



8/13 - 9/26

Accountability
Nutritional Guidance
Small Groups

CHOOSE YOUR GOAL
FAT LOSS | MUSCLE GAIN
PERFORMANCE | WELL-BEING

Call 845-517-1415 or email marymileo@visionsc.com to sign up TODAY!

#TRAITZTRAINING

VISION
SPORTS CLUB