

# CROSSFIT

## STRENGTH & CONDITIONING

MONDAY, TUESDAY, THURSDAY, FRIDAY  
4:30-5:30 PM

STRUCTURED PROGRAM FOR ALL LEVELS THAT FOCUSES ON THE FOUR FOUNDATIONAL MOVEMENTS (SQUATTING, BENCHING, DEADLIFTING, AND OVERHEAD PRESSING). BARBELL MOVEMENT & METABOLIC CONDITIONING

FOR MORE INFORMATION CALL:

845-517-1422



**VISION**  
SPORTS CLUB

\*All Sales Final. Some Restrictions may apply. Pricing and Terms subject to change.

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