



Save the Date!

07/10 – 07/21

Benchmark Testing on
M/W/F



Time to see all of your
hard work pay off!

Congrats to Jessica S. and Melanie
for attending the most classes in
June!





Great job to everyone that completed the HERO WOD! We hope you all had a great 4th of July!

★ Client Spotlight ★
Sandy P.



“What I love most about CF is that it's one big happy family! Everyone has been so welcoming and encouraging to me and that's what keeps me coming back! I'm motivated by the WOD and how it kicks my butt and makes me stronger. I have certain goals and I'm trying to be patient in achieving them...pull ups, push-ups, burpees...”



Box Challenge !
You still have time to claim a prize!
Challenge ends on July 23rd



There will be a prize for 1st, 2nd and 3rd place
30 Burpees/day-5
PR Star-2
Bring a new person to class-2
WOD + Check in On FB-1

