



www.crossfitamrap.com

Grand Opening of CrossFit AMRAP



When: **Saturday, June 5th**

Where: 9172 Trinity Drive, Lake in the Hills, IL 60156

Located in the heart of the Fox Valley, **CrossFit AMRAP** offers a fitness regimen unlike any other "regular" workout. There are no treadmills to keep you running in place, no stair steppers to keep you from achieving that next level. Instead, **CrossFit AMRAP** offers personal training in a group setting, making your workout fun, intense and constantly varied. Get results!

- The day will follow this tentative schedule:
 - 10:00 am: "What is CrossFit?" Discussion w/ Q&A
 - 10:30 am: Group Warm Up
 - 10:45 am: *WOD – "Work Out of The Day"
 - 11:15 - 3:00 pm: Cookout & Meet/Greet (FOOD & BOOZE!!!!)
- Come early; come late. Either way, we'd love to see you and show you what **CrossFit AMRAP** has to offer!



Contact us with any questions.

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