

TRY IT NOW

# CROSSFIT KOP PRESENTS



## CROSSFIT LITE

### A BEGINNER FRIENDLY CLASS

TUESDAY NOVEMBER 10, 17 & 24 @ 7:30PM

CROSSFITKOP.COM - 200 DEKALB ST. BRIDGEPORT PA. 19405 - 973.885.8728

**THIS CLASS IS FOR ANYONE AND EVERYONE:**

A beginner friendly class which offers a short varied series of CrossFit exercises between several rounds. Following the warmup, a coach will have the group perform several rounds of individual exercises throughout the 30 minute session. Exercises will include body weight exercises (push ups, air squats...), along with weighted exercises (kettlebells, dumbbells...)-always varied, always different, always fun...always results. Each athlete works out at his/her own level and pace.

**FREE** FOR MEMBERS

**\$15**

NON MEMBERS  
(PER CLASS)