



FREE JANUARY 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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<p>CROSSFIT KING OF PRUSSIA WILL HELP YOU GET THAT JUMP START BACK INTO FITNESS AFTER THE HOLIDAY SEASON. TO GET FIT IN 2010, WE ARE OFFERING FREE CLASSES AND SPECIALTY SEMINARS FOR EVERYONE. LET US HELP YOU, YOUR FRIENDS AND FAMILY GET FIT IN 2010. ALL EVENTS ON THIS CALENDAR ARE FREE, NO SIGN UPS ARE NECESSARY, JUST SHOW UP WITH AN OPEN MIND AND DESIRE TO LEARN!</p>						CROSSFIT CLASS 8:30-9:30AM
3	4	5	6	7	8	9
CROSSFIT KIDS CLASS (3-6 YEARS) 11:00-11:45AM AND GOAL SETTING WORKSHOP 12:00-1:00PM		CROSSFIT LITE 7:30-8:00PM	DETOX WORKSHOP 7:30-8:30PM	YOGA 5:30-6:30PM	NUTRITION 101 7:30-8:30PM	CROSSFIT CLASS 8:30-9:30AM
10	11	12	13	14	15	16
CROSSFIT KIDS CLASS (3-6 YEARS) 11:00-11:45AM		CROSSFIT LITE 7:30-8:00PM	CROSSFIT KIDS CLASS (7-12 YEARS) 3:45-4:45 AND FUNDAMENTALS OF POSE 7:30-8:30PM	GOAL SETTING WORKSHOP 4:30-5:30PM AND GYMNASTICS 5:30-6:30PM	KIPPING WORKSHOP 1:00-2:00PM	SHOPPING FOR WHOLE FOODS ON A BUDGET (THIS SPECIAL FIELD TRIP WILL START AT THE GENUARDI'S ON HENDERSON ROAD IN KING OF PRUSSIA) 10:00-11:30AM
17	18	19	20	21	22	23
		CROSSFIT LITE 7:30-8:00PM	OLYMPIC LIFTING 7:30-8:30PM	OPEN GYM 5:00-7:00PM	KIPPING, ROPE CLIMB AND MUSCLE UP WORKSHOP 7:30-8:30PM	CROSSFIT CLASS 8:30-9:30AM
24	25	26	27	28	29	30
CROSSFIT KIDS CLASS (3-6 YEARS) 11:00-11:45AM		CROSSFIT LITE 7:30-8:00PM	CROSSFIT KIDS CLASS (7-12 YEARS) 3:45-4:45 AND NUTRITION AND FOOD SENSITIVITES 7:30-8:30PM			
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<p>CROSSFIT KING OF PRUSSIA - 200 DEKALB STREET BRIDGEPORT PA 19405 - WWW.CROSSFITKOP.COM - 973.885.8728</p>						