



CROSSEFIT TRAINING

With Ron McConnell

ACSM & Crossfit Certified Trainer

10/7 - 12/16

**FAST... FURIOUS... AND NOT
FOR THE FAINTHEARTED!**

Get Ready for workouts like you've never experienced!

“Crossfit is extreme, intense cross-training that can be done with basic gym equipment both for general fitness and a base for specific sports.

It's been used for years in law enforcement, firefighting and military circles. Conventional wisdom is that you can't accomplish aerobic and strength training at the same time, you certainly can't

develop world-class fitness on 20 or 30 minutes a day. Crossfit says you can -- if you push hard enough. The regimens are short and brutal,

replacing ordinary weightlifting and steady state aerobic training with a mixed-up, amped up, double-espresso workout that leaves you reeling -- It enables you to quickly melt fat, build muscle, and increase flexibility and aerobic capacity.” *LA Times.com, April, 2006*

Classes meet Thursdays from 4:30 - 5:15 Members \$100 - Non Members \$125

Minimum of 6, Max of 14 Participants Per Session

No Class Thanksgiving Week



75 Weeks Hill Road, Stowe (802) 253-9229 Register at the Front Desk