



Free CrossFit class for At-Risk Youth

**Saturdays and Sundays at 11:00 AM (1 hour class)
Starting January 11th, 2014**

**CrossFit Flagstaff, located at
1072 E. Old Canyon Court, Flagstaff, AZ 86001**

Inviting youth ages 8-18 to participate in fun, high-intensity, constantly varied, functional fitness training used by elite athletes, military special forces, firefighters and public safety.

Youth on Probation receive 2 for 1 CSW credit

**For More Information: Just Show Up!
stevesclubflagstaff.com**