



CROSSFIT OBX

REV YOUR ENGINE CLASS

Summer is over and it's time to take care of YOURSELF

Kicking off Sept. 30th this class will specialize in high intensity cardio and body weight movements.

ALL fitness levels are welcome!!!

No contract or joining fee...simply \$50.00 /month for non-members and \$25.00/month for members.

Come move, sweat, burn calories, lose weight, tone up, feel empowered and have a blast Revving Your Engine!!!

FALL into FITNESS!

Ever been curious about CrossFit but intimidated by weights and barbells???

This 1 hour class will keep you moving non-stop burning calories & toning full body **MINUS** the use of barbells!

CROSSFIT OBX

504 W. Lake Dr Unit W/V
Kill Devil Hills, NC

www.crossfitouterbanks.com

252-441-7400

MON/WED/FRI

7am

\$50.00 / month

