



CG

PARISI®

POWERED BY CROSS GATES SPEED SCHOOL

OBSTACLE COURSE TRAINING

Monday Through Thursday
@6:30PM



- * Learn about yourself and what it takes to compete in an obstacle course race.
- Gain confidence in yourself and your body with weekly classes that will quickly develop strength and endurance.
- Build a body that will carry, lift, or pull you through any obstacle all while having fun with an inspiring group of people.

Learn what it takes to compete from an experienced Spartan competitors by a Certified SGXCoach.

- * Work on building teamwork, leadership, and comraderie in a fun, welcoming environment.



\$59 per month



Mandy.Fain@crossgatesclub.com for more Info or visit us at 200 N. Military Rd.

*Official Spartan Training Facility