

# spc crossfit EVENT

## WHO SAYS LADIES CAN'T BE ATHLETES?

DO YOU WANT ...

TO LEARN TO EAT CORRECTLY?

TO HAVE MORE ENERGY?

TO GET SICK LESS FREQUENTLY?

TO GET LEANER?

TO LOOK LIKE AN ATHLETE?

TO GET STRONGER?

If you answered **YES** to **ANY** of these questions, then try to make it to this event! Come out and learn how ladies just like **YOU** are changing their lives!

WHEN:	WEDNESDAY, NOV 18, 2009
WHAT TIME:	7PM - 9PM
WHERE:	SPC CROSSFIT
HOW MUCH?	<b>FREE</b> (no commitments or hidden costs)

THIS EVENT IS FOR WOMEN ONLY ... THE PLACE IS ALL YOURS!