

# LADIES NIGHT AT THE BARN

WHEN: WEDNESDAY SEPT. 22, 2010

TIME: 6 - 7:30

WHERE: SPC CROSSFIT

1737 Georgetown Rd Suite F Hudson, OH

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,  
THEN TRY AND MAKE IT TO THIS EVENT.  
COME OUT AND LEARN HOW LADIES' JUST  
LIKE YOU ARE CHANGING THEIR LIVES.

WOMEN ONLY...

THE PLACE IS ALL YOURS

**COST: FREE**

(NO COMMITMENTS OR HIDDEN COSTS)