

train to live

train for life



SPC CrossFit

community event

@ Silver Lake

Come tackle the Lake with us - **CrossFit style!**

Everyone is an athlete... Time to train like one!

No
More
Excuses!

Come train
with us...
Test your
fitness level!

Don't think you can
do it?
It's o.k.,
we'll scale it down
for you so you CAN!

The CrossFit "...program delivers a fitness that is, by design, broad, general, and inclusive. Our specialty is NOT SPECIALIZING. Combat, survival, many sports, and LIFE reward THIS kind of fitness and, on average, punish the specialist.

The CrossFit program is designed for UNIVERSAL SCALABILITY making it the perfect application for any COMMITTED individual REGARDLESS OF EXPERIENCE. We've used our same routines for elderly individuals with heart disease and cage fighters one month out from televised bouts. WE SCALE LOAD AND INTENSITY; WE DON'T CHANGE PROGRAMS.

The NEEDS of Olympic athletes and our grandparents differ BY DEGREE not kind. Our terrorist hunters, skiers, mountain bike riders and housewives have found their best fitness from the same regimen."

- crossfit.com

WHEN?	WHERE?	HOW MUCH?
Saturday August 28, 2010 8:00am and 9:00am	Silver Lake Boat House	As FREE as FREE can be!

It's NOT a WORKOUT, it's **TRAINING**
It's NOT a FITNESS CENTER, it's a **COMMUNITY**
It's NOT an EXERCISE PROGRAM, it's a **LIFESTYLE**