



CROSSFIT FLORIAN

**WE WILL INCREASE:**

**SPEED**

**AGILITY**

**FLEXIBILITY**

**MOBILITY**

**POWER & EXPLOSIVENESS**



CROSSFIT FLORIAN

THIS CONDITIONING PROGRAM IS DESIGNED TO **ENHANCE ATHLETICISM** WHICH IS THE KEY TO A STRONG **PERFORMANCE IN SPORTS**.

WE WILL FOCUS ON CONTROLLING THE ATHLETES OWN BODY WEIGHT WHICH WILL TRANSLATE INTO **DRAMATIC IMPROVEMENTS** IN STRENGTH AND POWER.

WE WILL ALSO ADDRESS THE BODY AS A WHOLE WHICH **DECREASES THE RISK** OF SPORT SPECIFIC INJURIES AND MUSCLE IMBALANCES.

**10 WEEK SESSIONS**

**MARCH 2ND - MAY 6TH**

**FRIDAYS 7:30PM-8:30PM**

**SUNDAYS 1:00PM-2:00PM**

**1 NIGHT \$50 2 NIGHTS \$100**

**MORE INFO AT [CROSSFITFLORIAN.COM](http://CROSSFITFLORIAN.COM)**

**QUESTIONS: [SGSONNY12@GMAIL.COM](mailto:SGSONNY12@GMAIL.COM)**

**RSVP BY 2/15**