

FIND YOUR STRONG THIS  
SUMMER WITH THE

# SUMMER STRENGTH PROGRAM

AT 3 STAR CROSSFIT

## LET IT ALL WORK OUT

Have a trainer lead you  
through a comprehensive  
strength program designed  
for all levels of fitness.



# THE RIGHT PROGRAM FOR YOU

## A SPECIAL SUMMER PROGRAM

There's no better way to get fit this summer than to get strong. Summer Strength is an exercise regimen that adheres to the fundamentals of strength training. The purpose of the program is to build total body strength and increase muscular fitness.

## PROGRAM DETAILS

**START DATE: JUNE 2ND**

**END DATE: JULY 22ND**

**DURATION: 8 WEEKS (21 CLASSES)**

**FREQUENCY: 3 DAYS/WEEK (M/W/TH)**

**TIME: 7:00PM-8:00PM**

**LOCATION: 3 STAR CROSSFIT**

**PRICING: \$225**

**\$150 FOR 3 STAR MEMBERS**

# **BENEFITS OF THE PROGRAM:**

**SUMMER STRENGTH USES PROVEN STRENGTH BUILDING  
METHODOLOGIES**

**YOU WILL:**

**-BUILD STRENGTH-**

**-INCREASE MUSCLE TONE-**

**-DEVELOP BETTER BODY MECHANICS-**

**-DECREASE RISK OF INJURY-**

## **FOR MORE INFORMATION, CONTACT:**

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**OR VISIT**

**WWW.3STARCROSSFIT.COM**