



By Popular Demand CARA presents:  
Co-Ed CROSSFIT with Cole Learn Head Coach  
For participants 18yrs old  
October 1, 8, 15, 22, 29, 2019  
Limited spaces available to join please  
Call Rachel Community Activator  
(519) 797-2781 Ext 2301

#### Cross-fit

A high-intensity fitness program incorporating elements from several sports and types of exercise.