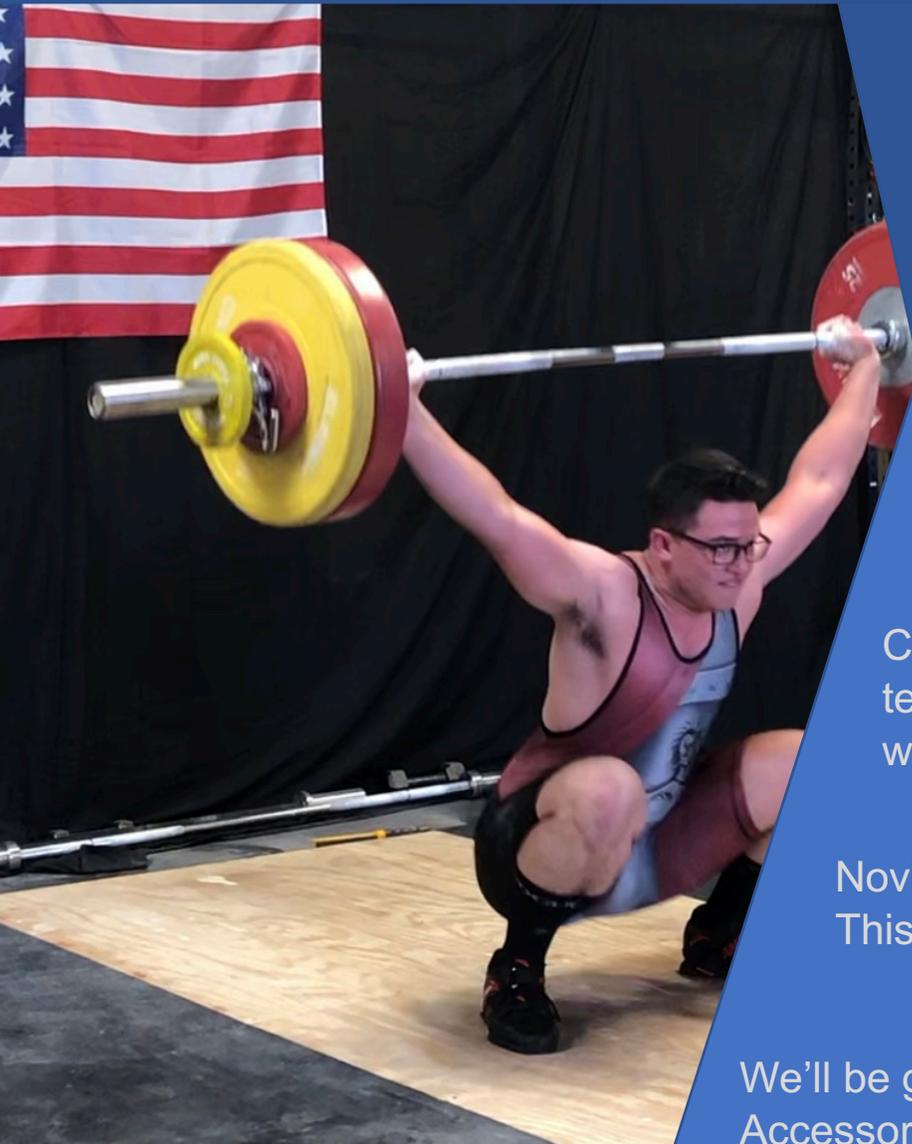


Technique Sunday / Try Weightlifting



Sunday

11/10/19

12:30pm

Locomotive CrossFit

115 Old Route 9

Fishkill, NY 12524

Come on down and hone your technique on the classic lifts or give weightlifting a try

Novices are welcome!

This will be a short clinic (1 ½ hours)

We'll be going over some Theory, Accessory work, Practical application, and Stretching.

Brought to you by



FREE for Locomotive/
Cuppa Joe Members!
Only \$20 for non members!