



# CROSSFIT Vintage

BE ACTIVE, STAY HEALTHY

# MASTERING YOUR PRIME

Jan 21st - Mar 1st

Join us for our Masters athletes (40 years and older)  
6-week training program **coming soon!**

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**MON - WED - FRI | 6AM & 1PM CLASSES**

**CROSSFIT O'FALLON, 2001 TRADE CENTER DR 63376**

The biggest advantage to doing CrossFit is being able to be a part of a thriving community of like-minded people, all of whom are there to support you in your fitness goals.

# DO THE WORK

## GET YOUR ENDORPHINS GOING

- Are you adding exercise to your New Years' resolutions?
- Are you interested in learning about the significant benefits of adding weights to your fitness efforts?
- Are you concerned with your current level of fitness?

This January 21st, CrossFit O'Fallon will be offering our **CFO Vintage** 6-week program specifically geared for Masters athletes (40 years and older) of all levels.

To best fit your schedule, we will have morning or afternoon classes to choose from and will meet Monday, Wednesday, and Friday.

## JOIN US

### Jan 21st - Mar 1st

Click here to let us know if you are interested in participating in the **CFO Vintage** training program.

