



CROSS FIT? FOOTBALL? PURPOSE? POWER? WIN?
BE A HYBRID!

ASHE MIDDLE SCHOOL YOUTH FOOTBALL LEAGUE AND ASHE CROSSFIT HAVE PARTNERED TO HELP IN THE DEVELOPMENT AND STRENGTH TRAINING THIS SUMMER FOR THE UPCOMING 2019 FOOTBALL SEASON.

As a strong effort and invested interest in our athletes, Ashe CrossFit has offered a discount including:

#16 Sessions \$72.00
#32 Sessions \$128.00

Ashe CrossFit has offered 2 time options for your convenience:

1. Monday / Wednesday 4 PM
2. Monday / Thursday 7 PM
3. Tuesday / Thursday 8 AM

We must have a minimum of 7 commitments per class and no more than 20 per class.

PLEASE NOTE: This PRE-SEASON opportunity would be to assist in increasing individual and team strength, agility, speed, and UNITY. These sessions would be in addition to our Summer Workout Schedule. We would love to have your feedback or get signed up by this Friday, June 7th. We will not practice on the dates chosen above.

Goal is to get this program started by June 17th.

Our staff is very excited about the 2019 Football Season and getting to work with each athlete. A little progress each day adds up to BIG results.

ACMSFL STAFF
#HUSKIESFOOTBALL