

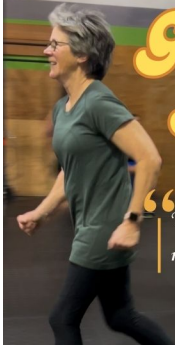
NEW CLASS DESIGNED FOR 55+!!

Golden Gains

EMBRACE YOUR GOLDEN YEARS AT
CROSSFIT IRON REFINED

“You want to be the oldest
person in the weight
room...not the youngest
in assisted care.”

-Dr. Stacy Sims



Details

FOCUSED ON STRENGTH, STAMINA, BALANCE, COGNITION AND BONE HEALTH, TO HELP ENHANCE OVERALL WELL-BEING.

A FITNESS CLASS FOR EVERY LEVEL! WHETHER YOU'RE ENHANCING PERFORMANCE OR INCREASING/MAINTAINING MOBILITY TO ENJOY LIFE'S ACTIVITIES!

This class is for you!

MON & THURS • 10:45AM



REGISTRATION OPEN • LIMITED SPOTS • GOT QUESTIONS? CONNECT WITH US!

📞 209-277-8351

@CROSSFITIRONREFINED.COM

✉️ CROSSFITIRONREFINED@GMAIL.COM

📍 10901 MAUSEL ST #103 EAGLE RIVER