



**State Employees get 25% off of
the Foundations Course plus one
week of class free!**

The Foundations Course is...

**a 2 week, 6 session educational course held M, W, and Th
at either 6:00am or 7:30pm. In this course you will learn
about CrossFit movements, safety, technique, and our program.**

**Coveniently located a few blocks from the DOT,
CrossFit Ames has a shower and changing facilities
available. We will open a new class time if 5 or more
people are interested, just ask!**

Current Class Times

<u>Mon, Tue, Wed, Fri</u>	<u>Thurs</u>	<u>Sat</u>
5:00 am 4:30 pm	open gym	8:00 am
7:00 am 5:30 pm	5:00 am to	
9:00 am 6:30 pm	7:30 pm	

104 Kellogg Ave

(515) 520-4318

www.thefactorycfames.com