

CrossFit

FLYOVER

Des Moines, IA



**Bring this Flyer
and receive
\$50 off your
first month's
dues.**

- Improve: respiratory endurance, stamina, strength, flexibility, power, speed, coordination, agility, balance, and accuracy.**
- decrease body fat**
- Never need to train for another 5k or 10k event again!**
- Enjoy personal coaching without the personal coaching price.**
- Constantly be challenged, practice and learn new skills, improve athleticism.**

FREE WEEK TRIAL

**3811 56th St, 2 block east
of Merle Hay Mall**

www.CrossFitFlyOver.com 515.276.5439