CrossFit for Dreams

CHARITY TO BENEFIT: **Buddy Ball at Grove City's Mirolo Dream Field**

Every child deserves a chance at bat. Help support their Dream!

CROSSFIT WORKOUT ROWING CHALLENGE SPEED PITCH FOOD RAFFLES

9 minute AMRAP
7 Barbell Thrusters (95lb/65lb)
7 Burpees
7 Pull ups
30 Double Unders

SATURDAY APRIL 30, 2016
Southern Columbus CrossFit
5320 Krieger Court
Columbus, OH 43228
HEATS START AT 9:00AM
Register at www.eventbrite.com
or Walk-Ins Welcome

Featured Sponsors

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