

**CALLING ALL JUNIOR HIGH
SCHOOL ATHLETES!**

**CALLING ALL FRESHMAN AND
SOPHOMORE ATHLETES!**

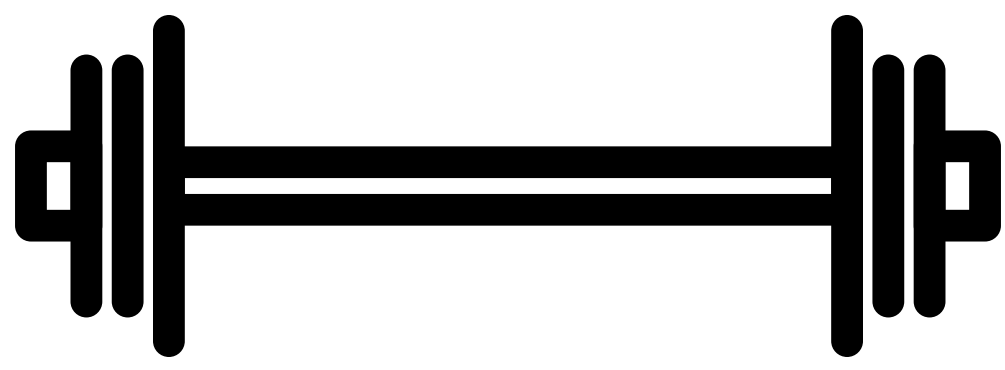
CROSSFIT OJAI'S

*** BARBELL CLUB ***

**AT MO TOWN
FITNESS**

\$80

**THIS 12 WEEK PROGRAM IS DESIGNED TO HELP
YOUNGER ATHLETES LEARN THE FUNDAMENTALS OF
CORRECT LIFTING IN ORDER TO PREPARE FOR HEAVY
SPORT-ORIENTED HIGH SCHOOL WEIGHT LIFTING**



12 WEEKS

JANUARY 8 THRU MARCH 28

TUESDAYS AND THURSDAYS

3:30 - 4:30PM

POWER AND OLYMPIC LIFTING

**ONLY 12 SPOTS
AVAILABLE!**

**CALL TYSON TODAY
(805)798-1821**