



## **NUTRITION – BACK TO THE BASICS**

**TWO HOUR CLASS THAT FOCUSES ON MANY DIFFERENT ASPECTS OF NUTRITION. TOPICS TO BE COVERED: ZONE, PALEO, SUPPLEMENTS, NUTRITION FOR THE ATHLETE, RECOVERY, AND MUCH MORE!**

## **DATES & TIMES:**

**TUESDAY NOVEMBER 10TH – 7PM**

**ALSO**

**TUESDAY NOVEMBER 17<sup>TH</sup> – 7PM**

**SIGN UP NOW!**

**TO SIGN UP: SEND AN EMAIL TO –  
[JUSTUS@CUTTINGEDGECROSSFIT.COM](mailto:JUSTUS@CUTTINGEDGECROSSFIT.COM)**

**COST: FREE FOR MEMBERS / \$20 NON-MEMBERS**