



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 APRIL 6TH – 7PM

ALSO

MONDAY APRIL 26TH – 7PM

SIGN UP NOW!

**TO SIGN UP: SEND AN EMAIL TO –
JUSTUS@CUTTINGEDGECROSSFIT.COM**

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