

GRAND OPENING!

www.CrossFitMoxie.com

WHERE: Our box is located at:

1269 Alma Ct.

San Jose, CA 95112

WHEN: Saturday, November 7th, 2009

11:00am-2:00pm

The gym will open at 10:00am for anyone wanting to warm up early. Heat signups will start at 10:30am.

WHAT: For our Grand Opening we will be hosting a team competition. They will be teams of 4, with 2 Men and 2 Women on each team. It will be creative and very challenging! We will post the actual workout the week of the event. There will be snacks and drinks for your enjoyment!

WHO: Anyone and everyone is invited. Bring a team, come to be placed on a team, or just come to watch!