

# CrossFit

Forging Elite Fitness

## CrossFit Uvalde

224D West Main

(830) 278-0111

Certified CrossFit Trainer-Ron Fielder, Owner

[www.crossfituvalde.com](http://www.crossfituvalde.com)

***10% Monthly Group Rate Discount***

***for all TML IEBP Members & Covered Dependents***

**20% Discount for 12 month comittment/25% Discount for 3 month Pre-Pay**

**~No Registration Fee, No Contract Required~**

*CrossFit is a core strength and conditioning program. CrossFit is not a specialized fitness program but a deliberate attempt to optimize physical competence in each of ten recognized fitness domains: Cardiovascular and Respiratory endurance, Stamina, Strength, Flexibility, Power, Speed, Coordination, Agility, Balance, and Accuracy.*

*The CrossFit program is designed for universal scalability making it the perfect application for any committed individual regardless of experience or age.*



**Mayor Cody Smith**

**Leading the City of Uvalde by Example!!**

Carmen Gutierrez (left) - Permit Office, City Hall  
Audrey Garza (right) - City Secretary/HR, City Hall

