



CrossFit Kids combines:

- Gymnastics and Weightlifting
- Body-weight training such as squats and pull-ups
- Endurance training such as running and rope climbing

\$80/month
Minimum 2 month
Commitment



Starting June 18th

M-W-F

10:00am—11:00 am

Contact Chris Morrissey:
714-883-2182
chris@crossfit5150.com

CrossFit5150
1480 E 28th St
Signal Hill, CA 90755
Crossfit5150.com

Co-owner and Head Coach of CrossFit 5150, Chris Morrissey has been in the health and wellness field for over a decade. He is a certified CrossFit Kids Trainer, a Level 2 CrossFit Trainer, and maintains additional certifications in personal training and massage therapy.