



# **ALPINE CONDITIONING**

*Agility, cardio & strength*

## **YOGA**

*Vinyasa, Yin & Flow*

## **OPEN GYM**

*Supervised, but not coached*

## **CROSSFIT**

***Drop in, Punchcards and Membership options available***

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**250.572.5136**

**blackbeaverathletic.com**

**Book your spot now! Email [coach@blackbeavercrossfit.com](mailto:coach@blackbeavercrossfit.com)**