

# CrossFit



**When:** Thursday nights starting in June

**Where:** De Pere, WI

**What:**

**7 free CrossFit sessions** to veterans as part of the Vet Center fitness group. Sessions start in June, either the first or second week, and will be 1 hour long on Thursday nights starting sometime between 515pm and 615pm. We will have a concrete time and start date once we know how many are wanting to participate. Some fitness level is expected. Please contact Brooke at the Green Bay Vet Center for more eligibility information and/or to sign up 920-435-5650.