



Attention JVCF non-members:

2017 CrossFit Open Event Testing

Welcome to Jones Valley CrossFit! We welcome the chance to work with you and give you a chance to get the best possible score for the 2017 CrossFit Open. **Our terms for non-members:**

1. JVCF will provide your judge and the equipment. A standard liability waiver will be required.
2. Please coordinate with a coach for time – we are flexible! No judging during class hours. Call or text:
Coach Wes Wyatt: (214) 250-2131
Coach Tracey Rauer: (256) 783-2317
3. \$40 cash or check to “Jones Valley CrossFit” for every session
4. You choose the music
5. No whining

3 ... 2 ... 1 ... GO!

