

FITNESS FRIDAYS

Extended Through The Summer

CityCenter
— of CITYNORTH®

FUN

FIT

FREE

FRIDAYS!

Join CityCenter of CityNorth® every Friday to enhance your fitness routine!
Bring a great attitude and come ready to get fit and you'll be treated to a complimentary workout courtesy of CrossFit Scottsdale and Zenergy Yoga.

All workouts are designed for ANY fitness level.

TIME: 9:30-10:30am

LOCATION: Fountain Court, across from Mojo Yogurt (and/or indoors)

CrossFit Scottsdale

Core strength & conditioning training, functional movements executed at high intensity. All levels, all ages.

July 9 August 6
July 23 August 20

Zenergy Yoga*

Get "zenergized" with an all-levels flow class. Come experience the energy, flexibility and peace your body will gain through this wonderful practice of yoga.

July 2 August 13
July 16 August 27
July 30

**Please bring your own yoga mat as mats are limited.*

www.CrossFitScottsdale.com

www.ZenergyYoga.net

- Raffle prizes from CityCenter of CityNorth® retailers
- 10% off your morning coffee purchase until 11am at Press Coffee Food Wine

Call 480-319-8700 or visit
www.CityCenterofCityNorth.com



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CrossFit POWERED BY
SCOTTSDALE KAYYEM FITNESS



Zenergy Yoga
ESCAPE • ENERGIZE • ENLIGHTEN
www.zenergyyoga.net