



Lifting Spirits



“Lifting Spirits” Workout

**3 Rounds of Max Reps in
One Minute of....**

Dumbbell Thrusters
Kettlebell Swings
Ball Slams
Burpees
Row Sprint
Rest 1 minute

All Skill Levels Welcome!

Heats start at

8:00am, 8:45am, 9:30am

10:15am, 11:00am & 11:45am

Be 10 minutes early!

**You must register online for
a workout starting time**

Live Music Provided by LowT



**Hosted by CrossFit Cleveland
& Rocky River Fitness**

**Saturday April 22, 2023 –
Starting at 8:00am**

**\$35 Donation - includes a T-Shirt
if registered by April 1st,**

plus Silent Auction items & 50-50 Raffle Tickets
at the event. Spectators are Welcome!



Register online at

[www.crossfitcleveland.com/
liftingspirits](http://www.crossfitcleveland.com/liftingspirits)

CrossFit Cleveland
1211 Allen Court
Rocky River, OH 44116
(216) 812-7841



**JOSETTE BEDDELL
MEMORIAL FOUNDATION**

**CROSSFIT
CLEVELAND**

100% of proceeds donated to the Josette Beddell Memorial

