

**FREE FIRST CLASS**



Please fill out completely and turn in to CFB Instructor before the beginning of class.

Last Name: \_\_\_\_\_

First Name: \_\_\_\_\_

Email Address: \_\_\_\_\_

How did you learn about CFB (website, a friend (name) told me, facebook, t-shirt, etc.):

\_\_\_\_\_

**The Anchor Building**  
2929 Spring Grove Avenue  
Cincinnati, OH. 45225

Bring a bottle of water, a towel, and wear workout clothes. We provide all of the training items you'll need. Classes are co-ed and designed to appeal to all ages and fitness levels.

**Free Class Times:** Tues.-5:30pm / Weds.-6:15pm / Thurs.-5:30pm / Sat.-10am

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