

CrossFit Kids Workout
for a Cause!
A fundraiser for



HAWAII ISLAND
Humane Society

74-5225 Queen Kaahumanu Hwy. • Kailua Kona, HI 96740 • Phone 808-329-1175

I _____ WILL PERFORM A
**CROSSFIT KIDS WORKOUT ON NOV. 16TH,
2014 AT CROSSFIT ALLSTAR. THE
WORKOUT WILL INCLUDE FUNCTIONAL
MOVEMENTS LIKE**

BURPEES!

**I WILL COLLECT DONATIONS AND KEEP THEM SAFE.
I WILL TURN IN DONATIONS THE DAY OF THE EVENT
ON NOV. 16TH!**

Mahalo to our sponsors!



