

For more information:
Tamara Morgan
tmorgan@odu.edu

FITNESS & WELLNESS

CROSSFIT ODU

MONARCH

FIT CHALLENGE

Saturday, March 29
10 a.m. - 2 p.m.

This Cross-Fit Team Competition consists of 3 workouts with
the chance of 1 surprise workout!

Receive a FREE shirt for participation!

Registration begins February 10

There's still time!
Register at imleagues.com



ODU Recreation & Wellness
4700 Powhatan Ave., Suite 1207
Norfolk, VA 23529-0200
P: 757-683-3384 F: 757-683-3386
www.odu.edu/recsports
Division of Student Engagement
and Enrollment Services