CROSSFIODU CRALENCE

RESCHEDULED!

SATURDAY, NOVEMBER 15 9 AM - 12 PM

ON THE INTRAMURAL FIELD BEHIND THE SRC COME OUT AND TEST YOUR STRENGTH AT THE CROSSFIT ODU CHALLENGE. THIS ANNUAL MINI CHALLENGE IS AN INDIVIDUAL EVENT THAT WILL CONSIST OF 3 WORKOUTS AND A CHANCE OF 1 SURPRISE WORKOUT! REGISTER AT IMLEAGUES.COM



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DEA FUSION

CONTACT SHANNON SPEED FOR MORE INFORMATION: SSPEED@ODU.EDU