

FREE OUTDOOR CROSSFIT CLASS AT TAWASENTHA PARK



JULY 19 & JULY 20

Adult Class (Age 14+): 9:00 AM – 10:00 AM
Youth Class (Age 6 - 11): 10:15 AM – 11:00 AM

 Fitness Court, Tawasentha Park

Presented By:



**INNOVATION
PARTNERSHIP**
ALBANY COUNTY • MVP HEALTH CARE

AEVITAS
FITNESS

Join us for an energizing, beginner-friendly CrossFit class in the park, hosted by Guilderland's own Aevitas Fitness - a 12-year CrossFit affiliate that began right here in Tawasentha Park! Led by local owners Chad & Karen Southwick, these sessions are designed to show how CrossFit is scalable, inclusive, and effective for all ages and fitness levels.

Saturday, July 19
9:00 AM - 10:00 AM
Adult Class
Register [HERE](#)

Saturday, July 19
10:15 AM - 11:00 AM
Youth Class
Register [HERE](#)

Sunday, July 20
9:00 AM - 10:00 AM
Adult Class
Register [HERE](#)

Sunday, July 20
10:15 AM - 11:00 AM
Youth Class
Register [HERE](#)

Earn a Free Month at Aevitas Fitness!

The first 30 participants who attend 1 of the free CrossFit classes at the Tawasentha Fitness Court on Saturday or Sunday and attend 2 additional free classes at Aevitas Fitness in Guilderland within the following week... will receive a FREE MONTH of CrossFit intro classes at Aevitas Fitness!

The Innovation Partnership between Albany County & MVP Health Care was created in 2022 and is focused on one mission: leveraging the power of collaboration and innovation to improve the health and wellbeing of our communities.