

OLYMPIC WEIGHTLIFTING CLINIC

Sunday
February 19th
11-1:30pm



AT CROSSFIT ALLSTAR

With Guest Coach Joel Tessier Founder of CrossFit Big Island/Ali'i



For those looking to become more dynamic, powerful, explosive and dial in on their barbell technique in the Clean & Jerk and Snatch, you've come to the right place. We are honored to host a workshop with Joel Tessier, athlete, experienced lifter, coach and affiliate owner.

FREE for AllStar Members
\$40 for Non-Members



CROSSFITALLSTAR.COM

At CrossFit AllStar * 64-1032 Mamalahoa Hwy. #303 * Waimea * 808.357.7851

Believe you can and you will.