

Leadership As Rx'D

Promoting Leadership Through Fitness

We are glad you want to join the team! Please complete the form below and, email a photo for the website to: amylafleche@gmail.com

Name:	
Mailing Address:	
Email Address:	
Telephone:	

#1 Powerful food choice:

Why I CrossFit:

What I love about Fitness:

#1 Training goal for the next 12 months:

What's interesting about me?