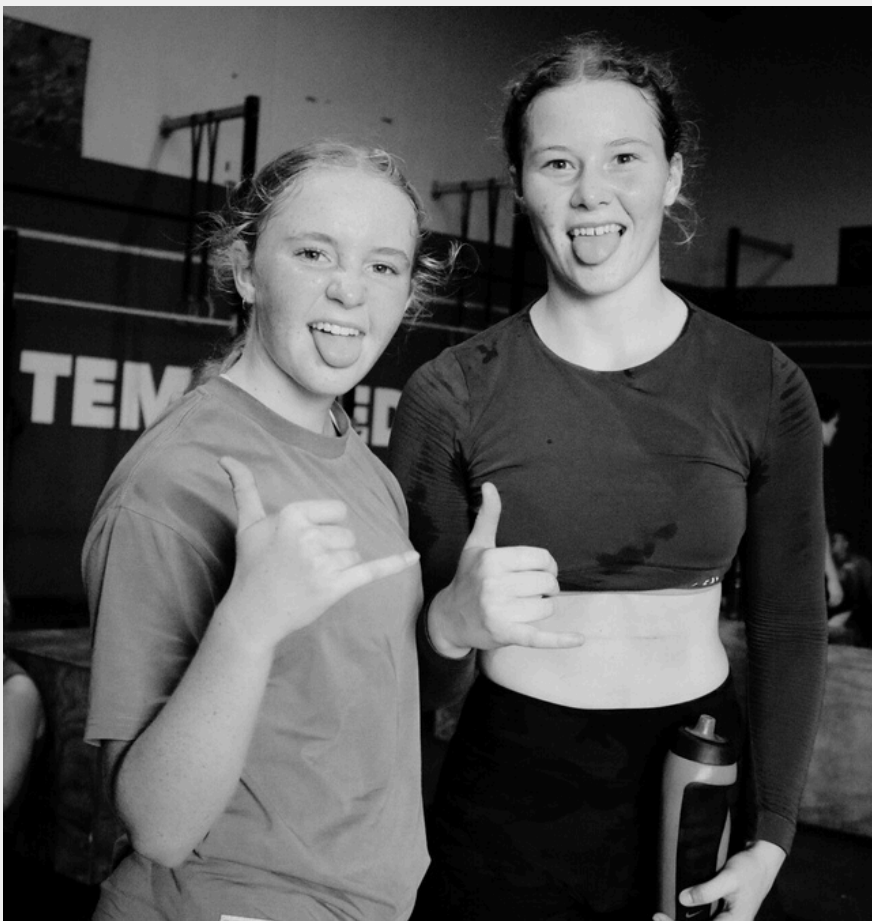
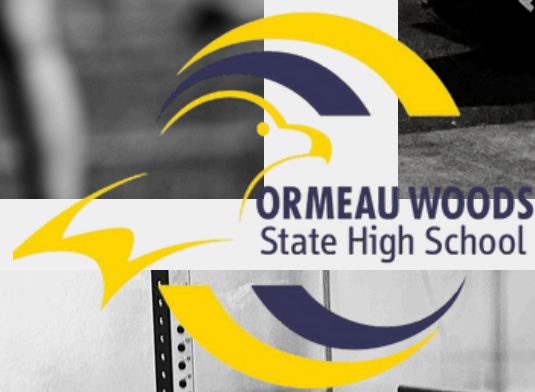




PROUDLY SPONSORING ORMEAU WOODS STATE HIGH SCHOOL



CrossFit Tempered Ormeau is not just a Gym! We are a Strength & Conditioning community, focused on helping individuals develop athletic performance for sport and life. Our small group classes will build your work capacity and improve all aspects of fitness in a supportive environment.



As part of our sponsorship we offer Ormeau Woods State High School students a special youth membership of just \$27 a week & 10% off for family members.

NO lock in contracts & NO joining fees!

