TEMPERANCE TRAINING
FITNESS WITH A PURPOSE
GOOD VIBES ONLY
EAT
DRINK
AND BE
LOCAL®
EDBLlife.com
PASSION. COMMUNITY.
PROGRESS.
THE TEMPERANCE TRAINING EDITION

TEMPERANCE TRAINING IS AN INCLUSIVE COMMUNITY OF MEN AND WOMEN WHO HAVE RECOVERED FROM A HOPELESS STATE OF MIND AND BODY AND WHO VALUE SPIRITUAL AND PHYSICAL FITNESS.

TEMPERANCE TRAINING WORKOUT SCHEDULE:

WEEKDAY WARRIORS
MONDAY–FRIDAY 1PM–2PM BOCA & DELRAY

SOBER SUNDAY
SUNDAYS 9AM BOCA, 10AM DAYTONA

BUILDING BRAND SYNERGY

We offer free Crossfit classes, group meditations, and other sober festivities to anyone in recovery who has 24 hours or more of continuous sobriety. Loved ones are encouraged to join us; many have been equally affected by thus disease. We foster personal growth through physical endurance, peer-to-peer accountability, and oppurtunities for service and fellowship

-Temperance Training