



CROSSFIT SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 AM CROSSFIT	5:30 AM CROSSFIT	5:30 AM CROSSFIT	5:30 AM CROSSFIT	5:30 AM CROSSFIT	
8:30 AM LEGENDS	8:30 AM ENDURANCE	8:30 AM LEGENDS	8:30 AM ENDURANCE		
9:30 AM CROSSFIT	9:30 AM CROSSFIT	9:30 AM CROSSFIT	9:30 AM CROSSFIT	9:30 AM CROSSFIT	10:00 AM CROSSFIT
11:30 AM CROSSFIT	11:30 AM CROSSFIT	11:30 AM CROSSFIT	11:30 AM CROSSFIT	11:30 AM CROSSFIT	
4:30 PM CROSSFIT	4:30 PM CROSSFIT	4:30 PM CROSSFIT	4:30 PM CROSSFIT	5:00 PM CROSSFIT	SUNDAY
5:30 PM CROSSFIT	5:30 PM ENDURANCE	5:30 PM CROSSFIT	5:30 PM ENDURANCE		1:00 PM OPEN GYM
6:30 PM CROSSFIT	6:30 PM CROSSFIT	6:30 PM CROSSFIT	6:30 PM CROSSFIT		2:30 PM LEGENDS

All CROSSFIT/CROSSFIT Teens/TRX/Kettle bell sessions take place in the JAMERSON YMCA CROSSFIT Room unless otherwise noted.

For Registration/Reservations:

Register and reserve your spot at the front desk.

CROSSFIT

This is a challenging yet rewarding training program structured around the 10 components of fitness: strength, stamina, endurance, accuracy, power, agility, balance, speed, coordination and flexibility. All WODs (Workout of the Day) can be modified and are appropriate for all fitness levels.

Details: Sessions last 60 minutes

Cost: Month Unlimited: \$55 (Non-Member: \$120)

Month Limited & Fundamentals: \$40 (Non-Member: \$80)

Month Unlimited for Couples: \$90 (Non-Member: \$200)

CROSSFIT LEGENDS (50+ ONLY)

CF Legends is made up of a group of people aged 50 and over who want to take control of their life. Our approach to Masters programming is movement and mobility first, CrossFit second. We will teach you how to minimize the side effects of aging, restore your general physical capacity, re-learn movements, and, ultimately, regain control of your body.

Details: Sessions last 60 minutes

Cost: Month Limited & Fundamentals: \$35 (Non-Member: \$80)

Month Unlimited for Couples: \$80 (Non-Member: \$200)

CROSSFIT ENDURANCE

The CrossFit Endurance philosophy promotes power and speed over distance and volume in endurance training. The goal of the program is to increase power and speed while decreasing recovery time, reducing injury, and promoting sustainability overtime. This type of training can be applied to any type of classic endurance event: 5K or 10 mile race, marathon, triathlon, cycling, swimming, etc. However, the benefits of this style of training will also make you a better CrossFitter in general.

Details: Sessions last 60 minutes

Cost: Month Limited: \$40 (Non-Member: \$90)