



CROSSFIT

SCHEDULE

LOCATED AT THE DOWNTOWN YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 AM CROSSFIT WOD Kerry	5:30 AM CROSSFIT WOD Collin	5:30 AM CROSSFIT WOD Kerry	5:30 AM CROSSFIT WOD Collin	5:30 AM CROSSFIT WOD Kerry	
9:30 AM CROSSFIT WOD Summer	9:30 AM CROSSFIT WOD Collin	9:30 AM CROSSFIT WOD Kerry	9:30 AM CROSSFIT WOD Collin	9:30 AM CROSSFIT WOD Brandon Parr	10:00 AM PARTNER WOD Collin
12:00 PM CROSSFIT WOD Summer	12:00 PM CROSSFIT WOD Collin	12:00 PM CROSSFIT WOD Brandon Parr	12:00 PM CROSSFIT WOD Collin	12:00 PM CROSSFIT WOD Kerry	
4:30 PM CROSSFIT WOD Brandon Mills	3:30-4:15 OPEN GYM	4:30 PM CROSSFIT WOD Brandon Parr	3:30-4:15 OPEN GYM	4:30 PM CROSSFIT WOD Brandon Mills	
5:30 PM CROSSFIT WOD Brandon Mills	5:00 PM CROSSFIT WOD Collin	5:30 PM CROSSFIT WOD Brandon Parr	5:00 PM CROSSFIT WOD Collin		
	6:00 PM CROSSFIT WOD Collin		6:00 PM CROSSFIT WOD Collin		

For Registration/Reservations:

Register and reserve your spot at the front desk.

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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 (limited to 12 participants)

Cost: Month Unlimited: \$55 (Non-Member: \$115)

Month Unlimited for Couples: \$90 (Non-Member: \$180)