

CrossFit Schedule

November 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am	5:30am	5:30am		5:30am	8:30am
6:35am		6:35am		6:35am	
		9:00am CrossFit Unloaded	8:30am		
4:15pm CrossFit Unloaded	4:30-5:15pm Kids class				
5:30pm	5:30pm	5:30pm		5:30pm	
6:35pm	6:35pm	6:35pm			

At AAYMCA CrossFit, we emphasize a supportive community, measuring progress, and celebrating success all of which starts with a supportive coach to athlete relationship. We believe our commitment to these values has helped us create a great class environment for our athletes. To support these values, we chose the SugarWOD workout app. It's a fun, social way to track your WODs and from day one you get to enjoy the unique community at AAYMCA CrossFit. Using it is totally optional (you can keep your account private), but on any given day more than 85% of AAYMCA CrossFit participants who attend class are using



Details: Session lasts 1 hour with a Level 1 CrossFit Trainer. All WODS (Workout of the Day) can be modified and fit to accommodate all fitness levels and goals. CrossFit 101 (FREE): Required before taking Crossfit. Learn the fundamentals and basic movements. Please see the Front Desk to sign up. (Ages 14 and up) Class sizes are limited to 16 participants. You can reserve a spot at andersonareaymca.punchpass.com
Our next upcoming CrossFit 101 session is Monday, November 2nd and 30th @ 6:30pm.

Cost per month (members only): Drop-in: \$8
CrossFit Unloaded Unlimited: \$10 (free to 8 session or Unlimited participants)
8 Sessions per month: \$32 / College students: \$22
Month unlimited: \$42 / College students: \$32
Month Unlimited for a family of 2 or more: \$74

(OPEN GYM does not count as a session and is only for 8 session and Unlimited CrossFit participants)

CrossTrain Kids (ages 6-13)

CrossTrain Kids is a specialized work out regime designed especially for youth. It focuses on functional movements, conditioning, and structured workouts led by a Level 1 CrossFit trainer.

Tuesdays - 4:30-5:15pm \$15 per month
\$25 for 2 kids per month (siblings)
\$10 per kid if parent or parents do CrossFit