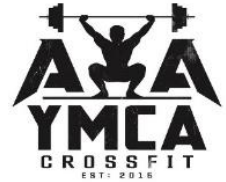




FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



CrossFit Schedule

May 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am	5:30am	5:30am	5:30-6:30am OPEN GYM	5:30am	8:30am	2-4pm OPEN GYM 5/7 and 5/21
6:35am	8:45-9:45am	6:35am	8:40-9:40am	6:35am		
12:00pm		12:00pm		9:30am Deka		
		4:30-5:15pm CrossFit Kids		12:00pm		
5:30pm	5:30pm	5:30pm		5:30pm		
6:45pm Deka						

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  **SugarWOD**

Details: Session lasts 1 hour with a Level 1 or Level 2 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. (Ages 14 and up)

Our next CrossFit 101 will be held on Sunday, May 21 at 2pm. Please contact Chad Alewine at chada@andersonareaymca.org to set up a private CrossFit 101 session if needed

Cost per month (members only): Drop-in: \$10
8 Sessions per month: \$35 / College students: \$25
Month unlimited: \$45 / College students: \$35
Month Unlimited for a family of 2 or more: \$80

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

CrossFit 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.

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

DEKA

DEKA is a division of SPARTAN racing. The DEKA Training System is a form of functional fitness that supports everyday life through the basic movements of lifting, carrying, pushing, pulling, kneeling, jumping, climbing and getting down on the ground and standing back up. A certified Deka coach provides a curated experience where specific modifications to each exercise are made to accommodate every level of fitness – from beginner to elite athlete

Month unlimited: \$25
FREE to current CrossFit participants