

Monday @ 6:45pm

Friday @ 9:30am

\$25/month

FREE to CrossFit members

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.