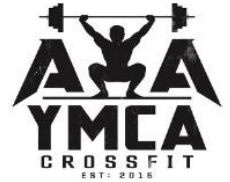




FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



## CrossFit Schedule September 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 9/10 and 9/24
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		

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, September 24th at 2pm. Please contact Chad Alewine at [chada@andersonareaymca.org](mailto: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