the YMCA
FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AAYMCA CROSSFIT EST: 2015

CrossFit Schedule

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
6:35am	6:35am	6:35am	8:40am	6:35am		
12:00pm	8:45am	12:00pm	12:00pm	12:00pm		
	12:00pm		4:00pm			
5:30pm	4:30pm	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, 2 or 3 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). Please reach out to Lia (lmurphy@andersonareaymca.org) to schedule a FREE session.

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)