



CROSSFIT GRAND STRAND Class Schedule

Effective: February 1st, 2016

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 AM	CROSSFIT <i>Mike</i>		CROSSFIT <i>Hope</i>		CROSSFIT <i>Randy</i>	
	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
8:00 AM	POWER BUILDING <i>Mike</i>	POWER BUILDING <i>Mike</i>	CIRCUIT TRAINING <i>Kelly</i>	POWER BUILDING <i>Mike</i>	POWER BUILDING <i>Mike</i>	CLOSED
9:00 AM	CROSSFIT <i>Kelly</i>	CROSSFIT <i>Mike</i>	CROSSFIT <i>Kelly</i>	CROSSFIT <i>Mike</i>	CROSSFIT <i>Mike</i>	CIRCUIT TRAINING <i>Mike</i>
10:00 AM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	CROSSFIT <i>Mike</i>
11:00 AM	OPEN GYM	CROSSFIT <i>Mike</i>	OPEN GYM	CROSSFIT <i>Mike</i>	OPEN GYM	CROSSFIT FUNDAMENTALS 1 *adv. sign-up*
11:30 AM	OPEN GYM		OPEN GYM		OPEN GYM	CROSSFIT FUNDAMENTALS 2 *adv. sign-up*
	CLOSED til 5PM	CLOSED til 5PM	CLOSED til 5PM	CLOSED til 5PM	CLOSED til 5PM	
5:00 PM	OPEN GYM	CROSSFIT FUNDAMENTALS 1 *adv. sign-up*	OPEN GYM	CROSSFIT FUNDAMENTALS 2 *adv. sign-up*	OPEN GYM	
5:30 PM	CIRCUIT TRAINING <i>Mike</i>	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	
6:00 PM	CROSSFIT <i>Mike</i>	CROSSFIT <i>Randy</i>	CROSSFIT <i>Lou/ Mike</i>	CROSSFIT <i>Gregg</i>	CROSSFIT <i>Mike</i>	
	CrossFit Kids <i>Randy</i>		CrossFit Kids <i>Randy</i>			
7:00 PM	CROSSFIT <i>Mike</i>	OPEN GYM	CROSSFIT <i>Lou/ Mike</i>	OPEN GYM		

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HOURS OF OPERATION:

MON-THURS 8AM-12PM & 5PM-8:30PM
FRI 8AM-12PM & 5PM-7:30PM
SAT 9AM-12PM
SUNDAY CLOSED

IMPORTANT NOTES:

NO OPEN GYM DURING CLASS

ALL NEW MEMBERS MUST TAKE FUNDAMENTALS 1 & 2 BEFORE STARTING OTHER CROSSFIT CLASSES. REGISTER AT:
www.crossfitgrandstrand.com/foundations

CFGS ONLINE:

www.crossfitgrandstrand.com

CLASS DESCRIPTIONS

CrossFit - A combination of total-body strength and conditioning exercises that promote broad and general overall physical fitness. This class is designed to improve cardiovascular endurance, stamina, strength, flexibility, power, speed, agility, and balance. CrossFit is intense circuit training that will push you to test your limits and to reach new goals in record time.

CrossFit Fundamentals - An introduction to the basics, language, and movements of CrossFit. More direct coaching with our CrossFit Trainers makes this class the perfect place for the beginning CrossFitter to start. *CrossFit Fundamentals is by Appointment Only - Register ahead on our website*

CrossFit Kids - A strength and conditioning program that is specifically designed for kids and teenagers, which helps them develop a lifelong love of fitness. In a group setting, children and teens participate in fun & engaging workouts that deliver measurable results & prepare them to be well-rounded athletes and individuals. Ages 5-13.

Circuit Training - Comprised of strategically linked compound functional movements, Circuit Training is 20-30 minutes of rapid-fire, total-body assault that demands you give til you give out...And get up & give some more. This workout simultaneously develops multiple dimensions of fitness: power, speed, agility, strength, endurance, & coordination. It is designed to enhance the mind-muscle connection that will enable the athlete to explode with intensity, utilize energy, & recover rapidly. In Circuit Training, teams push each other to dig deeper, run faster, jump higher, pull harder, & get that one extra rep every single time.

Olympic Lifting - Focused on just 3 lifts, the clean, the jerk, and the snatch, Olympic Lifting takes the most technical movements in all of weightlifting and breaks them down into easy to understand components. Perfect for the beginning and the advanced weightlifter alike, this class is a slowed down version of the most effective, fun movements weightlifting has to offer. You will work on position, speed, timing, and technique to achieve competency and comfortability in a safe, closely-coached environment.

Power Building - Designed to get you strong, this program uses the most effective exercises from body building, Olympic lifting, and Powerlifting. You will train heavy two days each week and you will train explosive speed two days each week. The result is record-shattering strength you never knew you could have.