



# THE CROSSFIT August 2017 Small Group Training



**Participate by purchasing a drop-in card at the front desk.**

<b>Day</b>	<b>Time</b>	<b>Class</b>	<b>Trainer</b>	<b>Location</b>
Mondays	9 a.m.	TRX/KB	Chris	Bball court
Mondays	9:30 a.m.	CF Express	Chris	CF room
Mondays	12:15 p.m.	Boxing – <b>NEW!</b>	Randy	Bball court
Tuesdays	5:45 a.m.	Rise & Grind	Chris	CF room
Tuesdays	9 a.m.	TRX/KB	Randy	Bball court
Wednesdays	9:30 a.m.	High Int. Circuits	Laura/Brittany	Bball court
Wednesdays	10 a.m.	Core & More	Chris	Bball court
Wednesdays	12:15 p.m.	Boxing – <b>NEW!</b>	Randy	Bball court
Wednesdays	6 p.m.	CF/TRX Circuits	Brittany	CF room
Thursdays	9 a.m.	TRX/KB	Randy	Bball court
Fridays	8:15 a.m.	TRX	Chris	Bball court
Fridays	9 a.m.	CF Express	Chris	CF room

### **How to participate:**

**Drop-In:** Purchase a 4-punch (\$20) or 8-punch card (\$40) and drop-in to any class on the schedule.

**Unlimited Pass:** \$50 allows unlimited access to all TRX/CF/Boxing classes all month.

**Non-member:** must pay guest fee as well as punch card

## **TRX: Make Your Body Your Machine**

