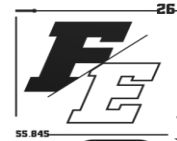




# Schedule Effective September 11, 2017



#crossfitgrandstrand  
#ironstrengthandconditioning #feiron843

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 AM	 Mike		 Ryan		 Randy	
GYM closed 6:30a-8:00am		GYM closed 6:30a-8:00am		GYM closed 6:30a-8:00am		
8:00 AM	 Mike	 Ryan	 Kelly	 Ryan	 Mike	
9:00 AM	 Mike	 Ryan	 Kelly	 Ryan	 Mike	 Mike
10:00 AM		 Mike			 Mike	 Mike
11:00 AM		 Ryan		 Ryan		 FUNDAMENTALS 1 *adv. sign-up*
11:30 AM						 FUNDAMENTALS 2 *adv. sign-up*
4:30 PM	 Randy/Mike	 Randy		 Randy	 Randy/Mike	
5:00 PM		 FUNDAMENTALS 1 *adv. sign-up*		 FUNDAMENTALS 2 *adv. sign-up*		
5:30 PM	 Mike			 Mike		
6:00 PM	 Mike	 Randy	 Mike/Lou	 Mike/Ryan	 Mike	
7:00 PM	 Mike		 Mike/Lou			

**Location:**  
201 East Cox Ferry Rd  
Conway, SC 29526  
(843)349-4662

**Hours of Operation:**  
M-Th 8am-8:30pm  
Fri 8am-7pm  
Sat 9am-12pm  
Sunday CLOSED

## **Important Notes:**

- **NO open Gym during scheduled classes**
- **All New Members Must Take Fundamentals 1 & 2 Before Starting CrossFit Classes.**
- **Register at: [www.crossfitgrandstrand.com/foundations](http://www.crossfitgrandstrand.com/foundations)**

## **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\*

**Iron Conditioning** - 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.

**Iron Strength** - 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.

**Iron Fighter Fit** - Developed to enhance your inner fighter, this program helps build your strength, power, and endurance. Coached by our very own Certified Strength & Conditioning Specialist, Coach MDK formats your training by using exercises and drills to improve your performance in or out of the cage.

**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 comfort ability in a safe, closely-coached environment.

# **CrossFit<sup>®</sup>**

**K I D S** is available in our After School Program. See desk for more details.

**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.