

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	
7:00 AM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	
8:00 AM			Kettlebell 360		Athletic Conditioning	CrossFit (8:30)
9:15 AM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	
9:30 AM	Athletic Conditioning	Athletic Conditioning	Athletic Conditioning	Athletic Conditioning	Athletic Step	Athletic Conditioning Olympic Lifting Every Other Saturday
10:30 AM						
12:00 PM	CrossFit	Kettlebell 360	CrossFit	Group Intro	Kettlebell 360	Group Intro
4:00 PM	CrossFit Sport		CrossFit Sport			
5:00 PM	Group Intro			Group Intro		
6:00 PM	Athletic Conditioning	Athletic Conditioning	Athletic Conditioning	Athletic Conditioning		
6:30 PM	CrossFit	CrossFit	CrossFit	CrossFit		

Metro Fitness Club Group Intro Class This complimentary 60 minute Metro Fitness Club Group Intro Class is designed to teach you basic movement patterns that are utilized in our programs. We will also discuss any concerns or pre-existing conditions you may have. It is our responsibility and goal to insure you feel informed, confident and safe as you transition in to your choice of Metro Fitness Club training programs.

CrossFit This broad-based strength and conditioning program provides discipline, intensity and results that few fitness programs can rival. Developed with a purposeful and progressive fitness philosophy, CrossFit's mission is to empower everybody to transform their body and achieve optimum fitness quickly. The unique and progressive qualities of this program are showcased in the CrossFit Workout of the Day (WOD.) These "WOD's" consist of Olympic lifts, gymnastic (bodyweight) movements, unique functional

exercises, rowing, running and sprinting. Whether you are a dedicated gym rat, addicted to infomercial workouts or just getting started, CrossFit will be new to you. Expect your body to be worked in unconventional ways with impressive results. Dedicated CrossFitters can experience dramatic weight loss and body composition changes, as well as marked improvements in metabolic conditioning, muscular strength and power. CrossFit WOD's are scalable and can be modified to meet the individual needs of all CrossFit participants.

CrossFit Sport This program was created to cater to the unique needs and goals of young athletes. Designed for both "tweeners" (8-12 year olds) and high school students (13-18 year olds.) Participants will experience the benefits of CrossFit and Athletic Conditioning. CrossFit WODS will focus on form and technique. Loads and intensity will be scaled, depending upon

the athletes age and capabilities. Athletic Conditioning will focus on developing proper sprinting and movement patterns, as well as core strength and stabilization, dynamic warm-ups, flexibility, range-of-motion exercises and injury prevention.

Athletic Conditioning This program embodies the spirit of athletic training. Challenging, fast-paced and fun, this class is designed to integrate the best of progressive functional strength training with sport driven cardiovascular. The result is a total body workout that is both efficient and effective. Expect to see increased muscular endurance and strength, as well as rapid improvements in body composition, speed, agility, quickness and overall athleticism. Modifications are always provided so Athletic Conditioning is appropriate for everyone: from elite athletes to fitness "newbies."

Olympic Lifting Olympic lifts are an integral part of most serious strength and conditioning programs and an important component of the Metro Fitness CrossFit and Athletic Conditioning classes. The Olympic lifts: the clean and jerk and the snatch (and their variations) aren't terribly difficult to learn, as long as you have proper coaching and consistent practice. Our Fundamentals class will teach you proper lifting techniques. Your coach will also identify and correct any common technical and postural problems. This analysis and corrections is vitally important when performing the Olympic lifts and is key to maximizing your power development and reduce the risk of injury.

Kettlebell 360 Kettlebell training has become one of the hottest fitness trends ever, even though their use for strength and metabolic conditioning can be tracked back to the 1700's! The beauty of kettlebell training is that it targets all of the major muscle groups

as well as the stabilizing muscles, delivering a full body workout in an extremely efficient amount of time. Also, the dynamic movement patterns required for kettlebell training result in unbelievable cardiovascular and metabolic conditioning. If weight loss is your focus, kettlebells should be your fitness tool of choice. Kettlebell 360 includes a combination of "traditional" weight lifting exercises (such as bench presses, rows and squats) and more ballistic (fast) exercises (such as snatches, swings, cleans and jerks.) Unique, fun and challenging, this class also incorporates heavy ropes, body weight and functional exercises. Kettlebell 360 will deliver a "full circle" of benefits: increased muscular strength and endurance, power, balance, flexibility, core stability and cardiovascular and metabolic conditioning. Come experience a training combo that provides the perfect balance of strength and conditioning. Kettlebell 360 is appropriate for all fitness levels.