

# CROSSFIT MIRAMONT April 2019

MONDAY		
CLASS	TIME	COACH
CrossFit WOD	5:00am-6:00am	Jorine
CrossFit WOD	6:00am-7:00am	Jorine
CrossFit WOD	7:00am-8:00am	Jorine
CrossFit Masters	8:00am-9:00am	Jenny
CrossFit WOD	9:15am-10:15am	Jenny
CrossFit WOD	12:00pm-1:00pm	Jenny
Olympic Lifting	4:00pm-5:00pm	Jenny
CrossFit WOD	5:00pm-6:00pm	Jenny
CrossFit WOD	6:00pm-7:00pm	Jenny
TUESDAY		
CLASS	TIME	COACH
CrossFit WOD	5:00am-6:00am	Jorine
CrossFit WOD	6:00am-7:00am	Jorine
CrossFit Masters	8:00am-9:00am	Jorine
CrossFit WOD	9:15am-10:15am	Jorine
CrossFit WOD	5:00pm-6:00pm	Jenny
CrossFit WOD	6:00pm-7:00pm	Jenny
WEDNESDAY		
CLASS	TIME	COACH
CrossFit WOD	5:00am-6:00am	Jenny
CrossFit WOD	6:00am-7:00am	Jenny
CrossFit WOD	7:00am-8:00am	Jenny
CrossFit WOD	9:15am-10:15am	Jorine
CrossFit WOD	12:00pm-1:00pm	Jorine
Olympic Lifting	4:00pm-5:00pm	Jorine
CrossFit WOD	5:00pm-6:00pm	Jorine
CrossFit WOD	6:00pm-7:00pm	Jorine

THURSDAY		
CLASS	TIME	COACH
CrossFit WOD	5:00am-6:00am	Jorine
CrossFit WOD	6:00am-7:00am	Jorine
CrossFit Masters	8:00am-9:00am	Jorine
CrossFit WOD	9:15am-10:15am	Jorine
CrossFit WOD	5:00pm-6:00pm	Foster
CrossFit WOD	6:00pm-7:00pm	Foster
FRIDAY		
CLASS	TIME	COACH
CrossFit WOD	5:00am-6:00am	Jenny
CrossFit WOD	6:00am-7:00am	Jenny
CrossFit WOD	7:00am-8:00am	Jenny
CrossFit Masters	8:00am-9:00am	Jenny
CrossFit WOD	9:15am-10:15am	Jorine
CrossFit WOD	12:00pm-1:00pm	Jorine
CrossFit WOD	5:00pm-6:00pm	Foster
SATURDAY		
CLASS	TIME	COACH
CrossFit WOD	8:00am-9:00am	Rotate
CrossFit WOD	9:00am-10:00am	Rotate
Olympic Lifting	10:00am-11:00am	Rotate
SUNDAY		
CLASS	TIME	COACH
CrossFit WOD	8:30am-9:30am	Rotate
CrossFit WOD	9:30am-10:30am	Rotate

## Class Updates

\*Fri. 4/5: No 5pm WOD due to FNL

\*Sun. 4/21: No classes

Easter, club opens at 12:00 pm



**Key:** WOD - Workout of the Day  
All classes are fee based. A drop-in fee or CrossFit Miramont membership is required to attend.

For questions, please contact our CrossFit Head Coaches, Jorine Peterson or Jenny Gibb  
[Jpeterson@genesishealthclubs.com](mailto:Jpeterson@genesishealthclubs.com) | [Jgibb@genesishealthclubs.com](mailto:Jgibb@genesishealthclubs.com)

## **CrossFit WOD**

This class, "Workout Of the Day", includes a wide variety of elements including but not limited to gymnastics, weightlifting and monstructural conditioning ("cardio"). Every WOD can be scaled to suit your capacity/ability and one of our knowledgeable coaches will be able to support you with modifications to ensure that you get an amazing and appropriate workout no matter what!

**Limit 15 athletes per class**

## **Olympic Lifting**

This class will be focused on practice of proper technique and form for Olympic lifting. We highly recommend this class for ALL CrossFit athletes.

**Limit 15 athletes per class**

## **CrossFit Masters - Ages 50+**

Anyone can do CrossFit! Please join us for a special CrossFit workout that caters to seniors. Participants can expect a moderate intensity class that focuses on strength, flexibility, and community. Olympic lifting and high intensity is not required. CrossFit Masters workouts are designed to be scaled and modified to meet any ability. Come try CrossFit and learn the movements in a fun and energizing environment specifically designed for older adults age 50 and up.

**Limit 20 athletes per class.**

**All athletes must reserve a spot in class through the MINDBODY app.**

**Follow us on Facebook and Instagram!**

