

CROSSFIT MIRAMONT February 2018



1800 Heath Pkwy
970.221.5000

| MONDAY | | |
|------------------|----------------|---------|
| CLASS | TIME | COACH |
| CrossFit WOD | 5:00am-6:00am | Jorine |
| CrossFit WOD | 6:00am-7:00am | Jorine |
| CrossFit WOD | 7:00am-8:00am | Jenny |
| CrossFit Masters | 8:00am-9:00am | Jorine |
| CrossFit WOD | 9:15am-10:15am | Jorine |
| CrossFit WOD | 12:00pm-1:00pm | Jenny |
| CrossFit WOD | 4:00pm-5:00pm | Jessica |
| CrossFit WOD | 5:00pm-6:00pm | Jessica |
| CrossFit WOD | 6:00pm-7:00pm | Matt |
| Olympic Lifting | 7:00pm-8:30pm | Matt |

| 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 |
| CrossFit Yoga | 7:00pm-8:00pm | Jenny |

| WEDNESDAY | | |
|-----------------|----------------|--------|
| 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 WOD | 9:15am-10:15am | Jorine |
| CrossFit WOD | 12:00pm-1:00pm | Jenny |
| CrossFit WOD | 4:00pm-5:00pm | Matt |
| CrossFit WOD | 5:00pm-6:00pm | Matt |
| CrossFit WOD | 6:00pm-7:00pm | Matt |
| Olympic Lifting | 7:00pm-8:30pm | Matt |

| THURSDAY | | |
|------------------|----------------|--------|
| CLASS | TIME | COACH |
| CrossFit WOD | 5:00am-6:00am | Jorine |
| CrossFit WOD | 6:00am-7:00am | Jorine |
| CrossFit Masters | 8:00am-9:00am | Jenny |
| CrossFit WOD | 9:15am-10:15am | Jorine |
| CrossFit WOD | 5:00pm-6:00pm | Jenny |
| CrossFit WOD | 6:00pm-7:00pm | Jenny |
| CrossFit Yoga | 7:00pm-8:00pm | Jenny |

| 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 | Jessica |

| SATURDAY | | |
|-----------------|-----------------|--------|
| CLASS | TIME | COACH |
| CrossFit WOD | 8:00am-9:00am | Rotate |
| CrossFit WOD | 9:00am-10:00am | Rotate |
| Olympic Lifting | 10:00am-11:30am | Rotate |

| SUNDAY | | |
|--------------|----------------|--------|
| CLASS | TIME | COACH |
| CrossFit WOD | 8:30am-9:30am | Rotate |
| CrossFit WOD | 9:30am-10:30am | Rotate |

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 contact **Jorine Peterson** or **Jenny Gibb**, CrossFit Head Coaches at 970.776.8331 , jpeterson@genesishealthclubs.com or jgibb@genesishealthclubs.com.

CrossFit Yoga | Tuesdays and Thursdays at 7:00 pm, Studio 2

This class includes a variety of movements, postures and breathing exercises designed specifically to allow CrossFit athletes to work on their flexibility, balance and the ability to give their bodies time to breath and unwind. It is a perfect complement to a CrossFit WOD!

Olympic Lifting

This class will be focused on practice of proper technique and form for Olympic lifting.

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. No Olympic lifting or high intensity is 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 15 athletes per class. Masters athletes must sign up at the North Front Desk or on the My Miramont app to reserve a spot in class.**

Remember to lift responsibly!



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