



CROSSFIT MIRAMONT November

MONDAY - THURSDAY	
CLASS	TIME
CrossFit	5:00 - 6:00am
CrossFit	6:00 - 7:00am
Metcon Mania (M/W) Barbell Club (T/TH)	7:00 - 8:00am
CrossFit Masters	8:00 - 9:00am
CrossFit	9:15 - 10:15am
CrossFit	12:00 - 1:00pm
CrossFit	3:15 - 4:15pm
CrossFit	4:15 - 5:15pm
Metcon Mania	4:15 - 5:15pm
CrossFit	5:15 - 6:15pm
CrossFit	6:15 - 7:15pm
Barbell Club	7:15 - 8:15pm

SATURDAY	
CLASS	TIME
CrossFit	8:30 - 9:30am
CrossFit	9:30 - 10:30am

FRIDAY	
CLASS	TIME
CrossFit	5:00 - 6:00am
CrossFit	6:00 - 7:00am
Metcon Mania	7:00 - 8:00am
CrossFit Masters	8:00 - 9:00am
CrossFit	9:15 - 10:15am
CrossFit	12:00 - 1:00pm
CrossFit	3:15 - 4:15pm
CrossFit	4:15 - 5:15pm
Metcon Mania	4:15 - 5:15pm
CrossFit	5:15 - 6:15pm
CrossFit	6:15 - 7:15pm

SUNDAY	
CLASS	TIME
Barbell Club/Rowing Club	8:30 - 9:30am
Barbell Club	9:30 - 10:30am

Updates

- No 4:15pm, 5:15pm, 6:15pm class on Fridays 11/1, 11/8.
We will be running CrossFit Open workouts.
- Friday Night Lights - Friday, November 15th. No 5:15pm or 6:15pm class.
We will have 5:30 - 7:30pm FNL event "Brian's Ladder"
- On Thanksgiving 11/28 the gym closes at 3pm. Last CrossFit class is at noon.

Open Gym - available whenever Genesis Miramont North is open, must check-in with CrossFit coach and respect class space

Monday - Friday | 5 am - 10 pm

Saturday | 7 am - 8 pm

Sunday | 8 am - 8 pm

All classes are fee based. A drop-in fee or CrossFit Miramont membership is required to attend.



CROSSFIT MIRAMONT

What to Expect in a CrossFit Class

The class includes a wide variety of elements including but not limited to gymnastics, weightlifting and monstructural conditioning ("cardio"). Every workout 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!

Barbell Club

Barbell Club includes anything focused on the barbell, Olympic-style weightlifting, powerlifting, squats and more. If you can't make barbell coached classes the program will be made available to follow so you can do during Open Gym.

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.

Open Gym Rules

- Gym is available at all times for all Genesis Members, regardless of class schedule
- Priority for space and equipment go to the scheduled CrossFit class
- Coaches will make every effort to accommodate your workout
- Be safe, if a CrossFit coach or Genesis trainer says your movement is unsafe you may have to pick a different exercise if you're by yourself
- If the class is ever so large the basketball court is being used, class has priority
 - Average CrossFit workout duration is only 20 minutes
 - Do a pullup or two, try a new piece of equipment if you are waiting for space to open up

Have fun, be nice, and meet some more people!



Follow us on Facebook and Instagram!

