

# CROSSFIT MIRAMONT November 2018



CROSSFIT  
MIRAMONT

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
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	Jenny
CrossFit WOD	9:15am-10:15am	Jenny
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	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	Jenny
CrossFit WOD	6:00pm-7:00pm	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	Rotate
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

**\*Thursday November 22: ONLY 9am class (Happy Thanksgiving! MURPH)**

**\*Friday November 23: ONLY 9am class (Happy Black Friday)**

**\*Saturday November 24: ONLY 8am & 9am classes (No Olympic Lifting)**

**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](mailto:jpeterson@genesishealthclubs.com) or [jgibb@genesishealthclubs.com](mailto:jgibb@genesishealthclubs.com)

## **CrossFit Yoga**

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.**

**Follow us on Facebook and Instagram!**



**CROSSFIT<sup>®</sup>**  
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