



CrossFit Introductory Classes

On-Ramp (Introduction to CrossFit): Monday, Wednesday, and Friday at either 10am or 6pm (STARTS Monday)
or 3 x 1-hour private sessions (coordinate your schedule)

On-Ramp Test-Out / Assessment: Schedule a 10-minute session in advance to ensure coach availability

CrossFit Classes (Adults and Teens)

Basic CrossFit Class Monday - Thursday at 5am, 6am, 9am, 10am, 4pm, 5pm, 6pm, 7pm, and 8pm
Friday at 5am, 6am, 9am, 10am, 4pm, 5pm, 6pm, and 7pm
Sunday at 11am

Basic CrossFit Team Workout (Fun!) Saturday at 9am

CrossFit Firebreathers / Competitors Saturday at 7am

CrossFit Silverbacks (for 35+) Saturday at 10:30am

CrossFit Kids Classes

CrossFit Kids Class Monday, Tuesday, and Thursday at 9am

CrossFit Membership Discounts:

10% Family Member

20% Health/Teacher/Student

25% Military/Police/Fire

Note: CrossFit membership discounts cannot be stacked or combined

World's Best Boot Camp

Six-Week Boot Camp Tuesday and Thursday at 8am and 7pm
Saturday at 8am

Olympic Weightlifting

Four-Week Introductory Track Schedule Pending - Classes announced two weeks prior to start

Six-Week Mobility Track Schedule Pending - Classes announced two weeks prior to start

Barbell Club Tuesday and Thursday at 6am, 8am, and 7pm

Other Programs

Open Gym Daily from open to close

Strongman Class Wednesdays at 6am and 7pm, Saturdays at 8am, Sundays at 10:30

Yoga Thursdays at 10am and 6pm

Mobility Class Thursdays at 7pm

Personal Training Schedule a session with one of our trainers!

* These programs are free for members (CrossFit or Open Gym)

** Personal Training package rates decrease as number of sessions increase

Child Care Hours: Saturday 9am-10am
Monday, Wednesday, and Friday: 9am-10am and 5pm - 7pm
Tuesday and Thursday: 9am-10am and 5pm - 8pm