

# DEFY! Group Training Schedule for Winter/Spring 2010

(Note: **Beginner/Intermediate/Advanced/All Levels** are small-group **CrossFit** sessions)

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>5:00</b>	Begin/Interm	Begin/Interm	Begin/Interm	Begin/Interm	Begin/Interm
<b>6:00</b>	Intermed/adv	Intermed/adv	Intermed/adv	Intermed/adv	Intermed/adv
<b>7:00</b>	Begin/Interm	Begin/Interm	Begin/Interm	Begin/Interm	Begin/Interm
<b>8:00</b>	<b>Getting Stronger</b>	<b>Getting Stronger</b>	<b>Getting Stronger</b>	<b>Getting Stronger</b>	<b>Getting Stronger</b>
<b>9:00</b>	All Levels	All Levels	All Levels	All Levels	All Levels
<b>11:30</b>	"30-minute Lunch Bunch" workouts Please warm up prior to start time... 'Cause we're ready to go!				30-Minute Lunch Bunch
<b>12:00</b>					
<b>12:30</b>					
<b>1:00</b>					
<b>2:30</b>	Call to schedule	Call to schedule	Intermed/adv <b>CrossFit</b>	Call to schedule	Call to schedule
<b>3:30</b>	■ Intermediate	■ Intermediate		■ Intermediate	■ Intermediate
<b>4:30</b>		Intermed/adv			
<b>5:30</b>	<b>Getting Stronger</b>	<b>Getting Stronger</b>	<b>Getting Stronger</b>	<b>Getting Stronger</b>	<b>Getting Stronger</b>
<b>5:30</b>	Advanced <b>CrossFit</b>		Advanced <b>CrossFit</b>		
<b>6:30</b>	All Levels	All Levels	All Levels	All Levels	All Levels
<b>7:30</b>		Intermed/adv	Intermed/adv	Intermed/adv	Intermed/adv

	Saturday
<b>7:00</b>	<b>CrossFit – All Levels</b>
<b>8:00</b>	<b>Getting Stronger</b>
<b>9:00</b>	<b>CrossFit – All Levels</b>
<b>10:00</b>	FREE "Introduction to <b>CrossFit</b> " Session!
<b>11:00</b>	Call to schedule

## Legend

**CrossFit** Semi-private training sessions:

All sessions labeled "Beginner", "Intermediate", or "Advanced", as well as the "Lunch Bunch" sessions are the **CrossFit** Workout of the Day (W.O.D.)

● **Beginner**: Instruction on exercise form and technique. Walk-thru of WOD if warranted.\*

■ **Intermediate**: Perform full WOD with emphasis on technique and pacing.\*

◆ **Advanced**: Perform full WOD with emphasis on speed and/or resistance.\*

"30-Minute Lunch Bunch": Suitable for Intermediate and Advanced. WOD, possibly modified for time if required. This class is designed to allow mid-day workouts for those with 1 hour lunch breaks, and will not include the post-WOD "phase 2 workout". Thorough warm-up should be

completed independently prior to the start of class to ensure injury prevention and to facilitate timely starts. 3-2-1-GO!

Other training sessions:

**“Getting Stronger”** – Small-group training sessions focusing on weight training for strength and technique. Great training for beginners, and for those who would benefit from being able to pick up heavy stuff more effectively.

\* Group levels (**Beginner**, **Intermediate**, and **Advanced**) are intentionally somewhat amorphous. Some people will need emphasis on technique on some WODs, and can be pushed on others. Modification of resistance is acceptable in any group. It is expected that some people will fit better with one group in level but will at times end up with the other group due to scheduling. In this case, just ensure the instructor is aware of your needs.