

DEFY! Group Training Schedule

Effective 9/1/2011

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

	Monday	Tuesday	Wednesday	Thursday	Friday
5:00	<i>Available by appointment - Call to Schedule</i>				
6:00	Intermediate/advanced CrossFit WOD				
7:00	Begin/Interm	Begin/Interm	Begin/Interm		Begin/Interm
8:00	Gettin' Stronger	Gettin' Stronger	Gettin' Stronger		Gettin' Stronger
9:00	All Levels	All Levels	All Levels	CrossFit/Gettin' Stronger Hybrid Session	All Levels
12:00	30 minute CrossFit – All Levels (warm up on your own)				
12:30	30 minute Gettin' Stronger (Warm up on your own)				
2:30	<i>Call to schedule</i>	<i>Call to schedule</i>	<i>Call to schedule</i>	<i>Call to schedule</i>	<i>Call to schedule</i>
3:30	■ Intermediate	■ Intermediate	■ Intermediate	■ Intermediate	■ Intermediate
4:30	All Levels	All Levels		All Levels	
5:30	“Gettin' Stronger” Strength and Technique workout				
5:30	Advanced CrossFit		Advanced CrossFit		
6:30	All Levels CrossFit WOD				
7:30		Beginning/Intermediate CrossFit WOD			

	Saturday
7:00	CrossFit – All Levels
8:00	Group workout: Strength and Technique
9:00	Group workout: Team WODs (All levels)
10:00	<i>Call to schedule</i>
11:00	<i>Call to schedule</i>

Legend

CrossFit Semi-private training sessions:

All sessions labeled “Beginner”, “Intermediate”, or “Advanced” 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.* Sessions labeled *only* “Advanced” (rather than “Intermediate /Advanced”, etc) require participants to be at *Level 4* or above in the DEFY! Skills rankings.

“30-Minute Lunch Bunch”: Suitable for Intermediate and Advanced. Generally will be the CrossFit WOD, possibly modified for time if required, but can be adapted as the “**Gettin’ Stronger**” workout if requested by participants. This class is designed to allow mid-day workouts for those with 1 hour lunch breaks, and will not include the 2nd phase SWOD or GPP. 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:

“**Gettin’ 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.