



DO MORE BE MORE

	MON	TUE	WED	THUR	FRI	SAT	SUN
5:00 AM	5:30 CrossFit WOD	5:30 CrossFit WOD / Olympic Lifting Open Gym	5:30 CrossFit WOD	5:30 CrossFit WOD / Olympic Lifting Open Gym	5:30 Strength/ Open Gym	<p>CrossFit for all ages! BYCF has a CrossFit program for youth starting with preschool (3-5) through high school (Varsity). For more information, email ballantynymcacrassfit@ymcacharlotte.org</p>	
6:00 AM	6:30 CrossFit WOD	6:30 CrossFit WOD / Olympic Lifting Open Gym	6:30 CrossFit WOD	5:30 CrossFit WOD / Olympic Lifting Open Gym	6:30 Strength/ Open Gym		
7:00 AM 8:00 AM	<p>CrossFit Fundamentals runs each month and costs \$125. This program introduces people to the movements we use in CrossFit on a regular basis. Please contact ballantynymcacrassfit@ymcacharlotte.org with questions or to sign up!</p>						
9:00 AM	9:30 CrossFit WOD Or 9:30 Functional Training @ Sara's YMCA High Bay Studio	9:30 Functional Training	9:30 CrossFit WOD Or 9:30 Functional Training @ Sara's YMCA High Bay Studio	9:30 Functional Training	9:30 CrossFit WOD	9:30 Strength	
10:00 AM	10:45 TRX Strong	10:45 CrossFit WOD	10:45 TRX Strong	10:45 CrossFit WOD	10:45 Functional Training	10:30 CrossFit Olympic Lifting	
11:00 AM				11:00 TRX Yoga @ Sara's YMCA Training Studio		10:30 CrossFit Olympic Lifting	
12:00 PM	12:00 CrossFit WOD	12:00 CrossFit WOD	12:00 CrossFit WOD	12:00 CrossFit WOD	12:00 CrossFit WOD		12:00 Functional Training @ Sara's YMCA High Bay Studio
1:00 PM							
4:00 PM				4:45 CrossFit JV/Varsity			
5:00 PM	5:00 CrossFit JV /Varsity	5:45 MyZone-45*	5:00 CrossFit JV/Varsity	5:45 MyZone-45*			
6:00 PM	6:00 CrossFit WOD	6:30 CrossFit WOD or 6:30 Olympic lifting	6:00 CrossFit WOD	6:30 CrossFit WOD or 6:30 Olympic lifting	6:00 CrossFit WOD		
7:00 PM	7:00 Open Gym		7:00 Open Gym				

INTENSIFY YOUR WORKOUT!

Small Group Training:

Coaching, Community, Results.

Our Small Group Training classes are perfect for anyone just getting started to participants who want to up their game! We offer a variety of classes to fit your schedule and style. Enjoy small class sizes so the coach can give each participant more individualized attention. Build a community with your fellow participants and most importantly...get results!

All classes listed in **BLUE** are available for participation immediately upon signing up.

Cost: \$90/month for Unlimited Classes or \$110/month for a 10 class punch card. Ask about our couples rate!

Want to try it out? Email morrisonpt@ymcacharlotte.org to get registered for your **FREE** trial class offered on the last Wednesday of every month!

Limit 1 per person. No experience required.

*MyZone classes require a MyZone Heart Rate Monitor to participate. Monitors can be purchased at the Sales and Service desk for \$75 and can be used outside of class as well with the MyZone app. Discounts do not apply.

Ballantyne YMCA CrossFit:**

"Strength doesn't come from what you can do. It comes from overcoming the things you once thought you couldn't."
- Rikki Rogers

Ballantyne YMCA CrossFit focuses on increasing aerobic capacity and endurance, muscular strength, and power. This program develops strength and conditioning through unique functional exercises, rowing, running, Olympic lifts, body weight, and gymnastic movement while paying special attention to correct form and movement.

Cost: \$90/month for Unlimited Classes or \$110/month for a 10 class punch card. Ask about our couples rate!

Fundamentals is \$125 for a 4 week session. If you are unable to attend the regularly scheduled course, please email us to make other arrangements or if you have previous CrossFit experience.

Want to try it out? Email morrisonpt@ymcacharlotte.org to get registered for your **FREE** trial class offered on the last Wednesday of every month! Email morrisonpt@ymcacharlotte.org to register.

Limit 1 per person. No experience required.

Participation in CrossFit and Olympic lifting classes require a prerequisite course of CrossFit Fundamentals. While completing Fundamentals, you can attend any of the classes in **BLUE on the schedule.