

## FALL SCHEDULE

MON	TUES	WED	THURS	FRI	SAT	SUN
5:15am	5:15am	5:15am	5:30am	5:15am	7:00am	
6:15am	6:15am	6:15am		6:15am	8:00am	
9:15am	9:15am	9:15am	9:15am	9:15am	9:00am	Bootcamp 9:30am
					Foundations 10:00am	Foundations 10:30am
6:00pm	6:00pm	6:00pm	6:00pm	6:00pm		
7:00pm	7:00pm	7:00pm				

**BOX may be closed periodically for private sessions**

**All participants need to register for class (up to 7 day in advance).**

**There will be a \$5 cancellation for those that do not cancel 24 hours in advance**

### **CrossFit Pequannock**

Our CF Boot Camp classes exclude our more challenging CrossFit movements. We will be going over some of our “Foundation” movements to prepare you for our regular classes. You will be doing the basic cardio and body weight movements like pushups, air squats, sit-ups, running, jump rope, etc. We will focus on endurance, flexibility and stamina to help you reach your fitness goals and introduce you to CrossFit's methodology and teaching proper form.

Foundation classes are not required for Boot Camp classes

Our CrossFit Boot Camp class is appropriate for athletes of all levels of fitness and experience. All are welcome!

Our regular CrossFit classes are also extremely scalable to ANY fitness level. If you have an injury or physical limitation our coaches will help you substitute a scaled movement so that you can still workout at a good intensity safely. You will find CrossFit can be scaled to ANY and ALL fitness levels!

Foundation classes are required for those who join the regular CrossFit classes. During these four mandatory classes you will learn how to properly squat, press, deadlift, as well as some elementary gymnastics exercises. You will be taught how to progress the movements to suit your own level of fitness with an emphasis on proper technique and safety. Each “Foundations” class ends with a real CrossFit workout (modified for beginners).

Our new Specialty Class will concentrate on 1 or 2 gymnastic or “Specialty” movements and spend the majority of that class working on that specific movement. This class is great for beginners and experienced athletes.