

DO MORE BE MORE



MORRISON FAMILY YMCA
9405 Bryant Farms Road
Charlotte NC 28277
704 716 4651

ymcacharlotte.org/morrison

FALL 2018 | ATHLETIC TRAINING CENTER SCHEDULE

	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 CrossFit Strength/ Open Gym	CrossFit 101 runs each month and costs \$125. This program introduces people to the movements we use in CrossFit on a regular basis. For more information on these classes, please contact Kate at kate.meier@ymcacharlotte.org	
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 CrossFit Strength/ Open Gym		
7:00 AM						7:00 CrossFit Open Gym	
8:00 AM						8:15 TRX Strong	
9:00 AM	9:30 CrossFit WOD	9:30 TRX/RIP Fusion	9:30 CrossFit WOD	9:30 TRX/RIP Fusion	9:30 CrossFit WOD	9:30 CrossFit WOD	
10:00 AM	10:45 TRX Strong	10:45 CrossFit WOD	10:45 TRX Strong	10:45 CrossFit WOD	10:45 TRX Strong		
11:00 AM							
12:00 PM	12:00 CrossFit WOD	12:00 CrossFit WOD	12:00 CrossFit WOD	12:00 CrossFit WOD	12:00 CrossFit WOD		
1:00 PM	<p>Interested in CrossFit or TRX ? Come try a class for FREE! On the LAST Wednesday of each month, anyone can come one of our programs a try for FREE! Space is Limited. Email to register.</p> <p>Ballantyneymcacrossfit@ymcacharlotte.org OR MorrisonTRX@YMCACharlotte.org</p>						1:00 CrossFit Olympic Lifting
2:00 PM							
3:00 PM	CrossFit Varsity		CrossFit Varsity				
4:00 PM	CrossFit Kids		CrossFit Kids				
5:00 PM	5:00 PM CrossFit JV	5:30 TRX/RIP Fusion	5:00 PM CrossFit JV	5:30 TRX/RIP Fusion	5:00 PM CrossFit JV/ Varsity		
6:00 PM	6:00 CrossFit WOD	6:30 CrossFit WOD; 6:30 Olympic lifting	6:00 CrossFit WOD	6:30 CrossFit WOD; 6:30 Olympic lifting	6:00 CrossFit WOD		
7:00 PM	7:00 Open Gym		7:00 Open Gym				

CrossFit for all ages!
BYCF has a CrossFit program for youth starting with preschool ages (3-5) up through high school (our Varsity team).
For information on these programs, please contact Mary.McGinn@ymcacharlotte.org

INTENSIFY YOUR WORKOUT!

TRX stands for Total body Resistance eXercise. TRX Suspension Training® is a revolutionary method of leveraged bodyweight exercise. We will lead you to safely perform hundreds of exercises that build power, strength, flexibility, balance, mobility and prevent injuries, all at the intensity you choose. Because you can instantly modify resistance by adjusting body position, Suspension Training workouts are safe and effective for people of all fitness levels.

>>> TRX 101

Now you can try TRX at your convenience!

TRX 101 sessions are just \$15/person for a 45-minute fundamentals workout with one of our certified TRX trainers!

Email >>> MorrisonTRX@ymcacharlotte.org to schedule an appointment

>Must be purchased prior to scheduling appointment.

>Must complete the TRX 101 prior to attending paid program TRX workouts.

>>> TRX FREE TRIAL

You can join us for a TRX FREE TRIAL WORKOUT on the LAST WEDNESDAY of each Month at Morrison or Sara's YMCA for FREE! Email

>>morrisontrx@ymcacharlotte.org for a list of class times and to reserve your spot!

*Space is limited! Reservations must be made 24 hours prior to attendance and will be confirmed via email. **Limit 1 per person. No experience required.**

"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.

>>>CROSSFIT 101

A 4-week foundations course offered each month, is a prerequisite to participate in our CrossFit program.

If you have previous CrossFit experience or conflicts with the CrossFit 101 times please email >> ballantyneymcacrossfit@ymcacharlotte.org

>>> CROSSFIT FREE TRIAL

Interested in CrossFit?

Come try a class for **FREE!**

On the **LAST** Wednesday of each month, anyone can come and participate in any of our regularly scheduled classes for **FREE!**

Just please email

ballantyneymcacrossfit@ymcacharlotte.org and let us know which class you plan to attend.