

BEASTMODE SCHEDULE September 2018

Mon	Tue	Wed	Thu	Fri	Sat
Senior Functional Fitness Class Monday & Thursday 1:30-2:30 PLEASE CHECK WOD CONNECT FOR ANY CLASSES TO BE RESCHEDULED					1 8:00a 9:00a 10:00a Intro Gary
3 CLOSED FOR LABOR DAY	4 5:15a Robert 8:30a Open Gym Scottie 10:00a Gary INTERMEDIATE 12:15p Scottie 4:30p Gary 6:00p Gary 7:00p Gary Intro	5 5:15a Ethan 8:30a Open Gym Scottie 10:00a Gary INTERMEDIATE 12:15p Scottie 4:00p Gary Youth Cross Training 5:00p Gary 6:00p Caleb	6 5:15a Robert 8:30a Open Gym No Class 10:00a Gary INTERMEDIATE 12:15p Scottie 4:30p Jonathan 6:00p Becca	7 5:15a Ethan 8:30 Open Gym Kasey 12:15p Scottie Endurance 4:30p Steven 5:30p Steven	8 8:00a 9:00a 10:00a Intro Ethan
10 5:15a Jonathan 8:30 Open Gym Kasey 12:15p Scottie Intro/Intermediate 4:30p Gary 6:00p Gary 7:00p Gary Intro	11 5:15a Robert 8:30a Open Gym No Class 10:00a Gary INTERMEDIATE 12:15p Scottie 4:30p Gary 6:00p Gary 7:00p Gary Intro	12 5:15a Robert 8:30a Open Gym No Class 10:00a Gary INTERMEDIATE 12:15p Scottie 4:00p Gary Youth Cross Training 5:00p Gary 6:00p Caleb	13 5:15a Jonathan 8:30a Open Gym Scottie 10:00a Gary INTERMEDIATE 12:15p Scottie 4:30p Steven 6:00p Becca	14 5:15a Ethan 8:30 Open Gym Kasey 12:15p Scottie Endurance 4:30p Robert 5:30p Becca	15 8:00a 9:00a 10:00a Intro Ethan
17 5:15a Jonathan 8:30 Open Gym Kasey 12:15p Scottie Intro/Intermediate 4:30p Gary 6:00p Gary 7:00p Gary Intro	18 5:15a Robert 8:30a Open Gym Scottie 10:00a Gary INTERMEDIATE 12:15p Scottie 4:30p Gary 6:00p Gary 7:00p Gary Intro	19 5:15a Robert 8:30a Open Gym Scottie 10:00a Gary INTERMEDIATE 12:15p Scottie 4:00p Gary Youth Cross Training 5:00p Gary 6:00p Caleb	20 5:15a Jonathan 8:30a Open Gym No Class 10:00a Gary INTERMEDIATE 12:15p Scottie 4:30p Gary 6:00p Becca	21 5:15a Ethan 8:30 Open Gym Kasey 12:15p Scottie Endurance 4:30p Steven 5:30p Steven	22 8:00a 9:00a 10:00a Intro Ethan
24 5:15a Jonathan 8:30 Open Gym Kasey 12:15p Scottie Intro/Intermediate 4:30p Gary 6:00p Gary 7:00p Gary Intro	25 5:15a Jonathan 8:30a Open Gym No Class 10:00a Gary INTERMEDIATE 12:15p Scottie 4:30p Gary 6:00p Gary 7:00p Gary Intro	26 5:15a Robert 8:30a Open Gym No Class 10:00a Gary INTERMEDIATE 12:15p Scottie 4:00p Gary Youth Cross Training 5:00p Gary 6:00p Caleb	27 5:15a Jonathan 8:30a Open Gym Scottie 10:00a Gary INTERMEDIATE 12:15p Scottie 4:30p Steven 6:00p Steven	28 5:15a Robert 8:30 Open Gym Kasey 12:15p Scottie Endurance 4:30p Lucas 5:30p Lucas	29 8:00a 9:00a 10:00a Intro Ethan

EVERY PARTICIPANT MUST COMPLETE A SERIES OF TWO INTRO CLASSES TO ATTEND ANY CLASS IN THE BEASTMODE BOX TRAINING CENTER. BEASTMODE BOX IS FOR AGES 15+.

What is BeastMode Box?

BeastMode Box is a core strength and conditioning program that is designed to be broad, general and inclusive. Elements of track and field, gymnastics, and weightlifting are combined in short, intense daily workouts to maximize results for any individual. BeastMode Box teaches functional movement patterns, which is to say, movements that you find in real life: pushing, pulling, squatting, jumping, throwing, carrying and so on.

The BeastMode Box program is designed to be scalable so that it will fit any committed individual, regardless of experience. This program can be used for elderly individuals looking for a healthy life as well as athletes seeking to improve performance. We scale load and intensity; we don't change programs.

So, in a nutshell – BeastMode Box is for ANYONE that wants to change their life, AND is willing to work hard to make that change.

What is an average workout like?

An average workout is only one hour. At the beginning we will warm up, work on functional movement, work on a skill (e.g. ring pushups) and lift (e.g. squats or deadlifts), then get to the Metcon (metabolic conditioning) also called the workout of the day (WOD). Each WOD is a circuit focusing on strength, speed, and/or precision. All WODs can be completed by people of any age, size or ability. After the workout is complete, we'll cool down and stretch.

How do I get started?

The introductory course is a two class series designed to teach you functional movements you need to be comfortable, confident, and SAFE in the regular class. We will cover the basic lifts that allow you to be successful in the class. You must take the two introductory classes before attending other BeastMode Box classes.

BeastMode Box classes will be no additional costs.

LIST OF BEASTMODE BOX CLASSES AND DESCRIPTIONS

Endurance Training - BeastMode Box Endurance is an endurance training program geared towards improving performance and endurance potential. The unconventional, WOD-inspired, race-training program focuses on high-intensity intervals instead of high mileage. By eliminating volume, we can focus on power and speed which are critical components to success in the endurance world.

Youth Cross Training - The emphasis of this class is on body weight exercises and basic fitness skills to reach goals, build confidence, and develop healthy habits that can make a positive difference for life.

Intermediate Training - A modified version of the Workout of the Day for those that want to transition from the Intro class to the regular BeastMode Box classes.

PLEASE LET THE COACH KNOW IF YOU HAVE ANY MEDICAL ISSUES, INJURIES, OR CONCERNS PRIOR TO THE WORKOUT. IT IS ALWAYS RECOMMENDED TO CONSULT YOUR PHYSICIAN BEFORE STARTING ANY EXERCISE PROGRAM.