

Randolph  
Asheboro  
YMCA



BEASTMODE  
SCHEDULE  
JUNE

<b>Monday</b>  5:15-6:15am <b>12:15-1:15pm INTRO CLASS</b>  4:30-5:30pm 6:00-7:00pm <b>7:00-8:00pm INTRO CLASS</b> 7:00-8:00pm TECHNIQUE CLASS*	<b>Thursday</b>  5:15-6:15am 8:30-9:30am 12:15-1:15pm  4:30-5:30pm 6:00-7:00pm
<b>Tuesday - Endurance</b>  5:15-6:00am 8:30-9:15am  4:30-5:15pm 6:00-6:45pm	<b>Friday</b>  5:15-6:15am 8:30-9:30am <b>12:15-1:00pm ENDURANCE</b>  4:30-5:30pm 5:30-6:30pm
<b>Wednesday</b>  5:15-6:15am  12:15-1:15pm  4:00-5:00pm <b>Youth Cross Training (Ages 10-14)</b>  5:00-6:00pm 6:00-7:00pm <b>7:00-8:00pm INTRO CLASS</b>	<b>Saturday</b>  8:00-9:00am <b>9:00-10:00am INTRO CLASS</b> 10:00-11:00am  * TECHNIQUE CLASS is ONLY for those that registered & paid for the 12-week class  <b>Please check WODConnect for open gyms</b>

**SIGN UP OUTSIDE THE CLASSROOM 15 MIN AHEAD OF CLASS TIME FOR BEASTMODE BRING YOUR WATER BOTTLE AND TOWEL!**

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.

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



**WODConnect now available! See the workout of the day, track your progress, & connect with others in your gym. Sign up for WODConnect-either on your computer or download the FREE app on your smartphone. Gym Name: BeastMode-Randolph Asheboro YMCA**

## **What is BeastMode?**

BeastMode 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 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 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 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 classes.

BeastMode sessions will be no additional costs.

## **LIST OF BEASTMODE CLASSES AND DESCRIPTIONS**

**Endurance Training** - BeastMode 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.