

# BEASTMODE SCHEDULE December 2018

Mon	Tue	Wed	Thu	Fri	Sat
					<b>1</b> 8:00a 9:00a <b>10:00a Intro</b> Gary
<b>3</b> 5:15a Jonathan 8:30 Open Gym Kasey 12:15p Scottie Intro/Intermediate 4:30p Gary 6:00p Gary <b>7:00p Gary Intro</b>	<b>4</b> 5:15a Caleb 8:30a Open Gym Robert <b>10:00a Gary INTERMEDIATE</b> 12:15jp Scottie <b>4:30p Gary</b> <b>6:00p Gary</b> <b>7:00p Gary-Intro</b>	<b>5</b> 5:15a Robert 8:30a Open Gym Nadia <b>10:00a Gary INTERMEDIATE</b> 12:15p Scottie 4:00p Gary Youth Cross Training 5:00p Gary 6:00p Nadia	<b>6</b> 5:15a Jonathan 8:30a Open Gym Robert <b>10:00a Gary INTERMEDIATE</b> 12:15p Scottie 4:30p Becca 6:00p Steven	<b>7</b> 5:15a Ethan 8:30 Open Gym Scottie 12:15p Scottie Endurance 5:30p Steven	<b>8</b> 8:00a 9:00a <b>10:00a Intro</b> Caleb
<b>10</b> 5:15a Jonathan 8:30 Open Gym Kasey 12:15p Scottie Intro/Intermediate 4:30p Gary 6:00p Gary <b>7:00p Gary Intro</b>	<b>11</b> 5:15a Caleb <b>8:30a Open Gym</b> Robert <b>10:00a Gary INTERMEDIATE</b> 12:15jp Scottie <b>4:30p Gary</b> <b>6:00p Gary</b> <b>7:00p Gary -Intro</b>	<b>12</b> 5:15a Robert 8:30a Open Gym Nadia <b>10:00a Gary INTERMEDIATE</b> 12:15p Scottie 4:00p Gary Youth Cross Training 5:00p Gary 6:00p Nadia	<b>13</b> 5:15a Caleb 8:30a Open Gym Robert <b>10:00a Gary INTERMEDIATE</b> 12:15p Scottie 4:30p Becca 6:00p Steven	<b>14</b> 5:15a Robert 8:30 Open Gym Nadia 12:15p Scottie Endurance 5:30p Steven	<b>15</b> 8:00a 9:00a <b>10:00a Intro</b> Scottie
<b>17</b> 5:15a Jonathan 8:30 Open Gym Kasey 12:15p Scottie Intro/Intermediate 4:30p Gary 6:00p Gary <b>7:00p Gary Intro</b>	<b>18</b> 5:15a Caleb <b>8:30a Open Gym</b> Nadia <b>10:00a Gary INTERMEDIATE</b> 12:15jp Scottie <b>4:30p Gary</b> <b>6:00p Gary</b> <b>7:00p Gary-Intro</b>	<b>19</b> 5:15a Robert 8:30a Open Gym Nadia <b>10:00a Gary INTERMEDIATE</b> 12:15p Scottie 4:00p Gary Youth Cross Training 5:00p Gary 6:00p Nadia	<b>20</b> 5:15a Jonathan 8:30a Open Gym Robert <b>10:00a Gary INTERMEDIATE</b> 12:15p Scottie 4:30p Becca 6:00p Steven	<b>21</b> 5:15a Ethan 8:30 Open Gym Kasey 12:15p Scottie Endurance 5:30p Becca	<b>22</b> 8:00a 9:00a <b>10:00a Intro</b> Ethan
<b>24</b> 5:15a Caleb 8:30 Open Gym Kasey 12:15p Scottie Intro/Intermediate <b style="color: red;">CLOSE AT 1:00PM</b>	<b>25</b> <b style="color: red;">CLOSED FOR CHRISTMAS</b>	<b>26</b> 5:15a <b style="color: red;">NO CLASS</b> 8:30a Open Gym Nadia <b>10:00a Gary INTERMEDIATE</b> 12:15p <b style="color: red;">NO CLASS</b> 4:00p <b style="color: red;">NO CLASS</b> Youth Cross Training 5:00p Gary 6:00p Nadia	<b>27</b> 5:15a Jonathan 8:30a Open Gym Nadia <b>10:00a Gary INTERMEDIATE</b> 12:15p Scottie 4:30p Nadia 6:00p Steven	<b>28</b> 5:15a Ethan 8:30 Open Gym Kasey 12:15p Scottie Endurance 5:30p Nadia	<b>29</b> 8:00a 9:00a <b>10:00a Intro</b> Ethan
<b>31</b> 5:15a Jonathan 8:30 Open Gym Kasey 12:15p Scottie Intro/Intermediate 4:30p Gary 6:00p Gary <b>7:00p Gary Intro</b>	<b>Senior Functional Fitness Class</b> <b>Monday &amp; Thursday</b> <b>1:30-2:30</b> <b style="color: red;">PLEASE CHECK WOD CONNECT FOR ANY CLASSES TO BE RESCHEDULED</b>				

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.\*\*\*