

Grin & Grind Athletics: core strength and conditioning program. This program is designed to elicit as broad an adaptational response as possible. This not a specialized fitness program but a deliberate attempt to optimize physical competence in each of ten recognized fitness domains.

CrossFit '101': beginners' guide and introduction to CrossFit and Weightlifting. While learning or re-learning Level 1 CrossFit skills and physical attributes, you will gain new functional skills, functional strength and conditioning. Have fun learning how to become a new crossfitter and join the Academy Community.

Weightlifting '101': specific and specialized program designed to strengthen your body, sharpen your skills and get you more powerful by learning competitive Weightlifting and Powerlifting.

Open Gym: need some training flexibility? Here's an opportunity to spend some time on skills you want to improve.



## ACADEMY OF STRENGTH AND SPORT

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### CLASS SCHEDULE

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Roll n' Stretch: this is not Yoga! This is a combination of restorative exercise and self-massage technique that allow to stretch muscles, boost circulation to feel less sore, and strengthen the body. So let's get rolling!

Coach's Private Training: private fitness sessions tailored to meet your specific goals while maximizing results.

Grin & Get Fit: change your body, get fit, get healthy, and get your grind on! This is a 6 week FitBody Transformation Challenge designed to lose a few pounds or inches or even pack on some lean muscle. This challenge will help you achieve your goals by providing unlimited specialized Grin & Grind Athletics workouts, meal plan/snack sheet, fitness assessment, choice of protein flavor, body pictures / measurements / weight during challenge, & online community (see upcoming dates).

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-7:00am	<b>Grin &amp; Grind Athletics</b> 'Back to it'	<b>Grin &amp; Grind Athletics</b> 'Tactical & Timed'	<b>Grin &amp; Grind Athletics</b> 'Power Hour'	<b>Grin &amp; Grind Athletics</b> 'Cardio Blast'	<b>Grin &amp; Grind Athletics</b> 'Funky Friday'		
7:00-9:30am	Private Training	Private Training	Private Training	Private Training	Private Training	Private Training	
9:30-10:30am	<b>Grin &amp; Grind Athletics</b> 'Back to it'	<b>Grin &amp; Grind Athletics</b> 'Tactical & Timed'	<b>Grin &amp; Grind Athletics</b> 'Power Hour'	<b>Grin &amp; Grind Athletics</b> 'Cardio Blast'	<b>Grin &amp; Grind Athletics</b> 'Funky Friday'	<b>OPEN GYM</b> 10.00am-12.00pm	
10:30-4:00pm	Private Training	Private Training	Private Training	Private Training	Private Training		
4:00-5:30pm	<b>OPEN GYM</b>	<b>Roll n' Stretch</b> 4.30pm-5.30pm	<b>OPEN GYM</b>		<b>OPEN GYM</b>		
5:30-6:30pm	<b>CrossFit '101'</b>	<b>Grin &amp; Grind Athletics</b> 'Tactical & Timed'	<b>CrossFit 101'</b>	<b>Grin &amp; Grind Athletics</b> 'Cardio Blast'	<b>CrossFit '101'</b>		
6:30-7:30pm	<b>Grin &amp; Grind Athletics</b> 'Back to it'	<b>Grin &amp; Grind Athletics</b> 'Tactical & Timed'	<b>Grin &amp; Grind Athletics</b> 'Power Hour'	<b>Grin &amp; Grind Athletics</b> 'Cardio Blast'	<b>Grin &amp; Grind Athletics</b> 'Funky Friday'		
	Weightlifting '101'		Weightlifting '101'		Weightlifting '101'		
7:30-8:30pm	<b>Grin &amp; Grind Athletics</b> 'Back to it'	<b>Grin &amp; Grind Athletics</b> 'Tactical & Timed'	<b>Grin &amp; Grind Athletics</b> 'Power Hour'	<b>Grin &amp; Grind Athletics</b> 'Cardio Blast'			