

BOOT CAMP SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CROSSFIT LEXINGTON ATHLETIC CLUB 5:30 AM	THE R3SISTANCE LEXINGTON ATHLETIC CLUB BARBELL, KETTLEBELL, BODYWEIGHT KETTLEBELL EMPHASIS 5:30 AM	CHAOS LEXINGTON ATHLETIC CLUB 5:30 AM	THE R3SISTANCE LEXINGTON ATHLETIC CLUB BARBELL, KETTLEBELL, BODYWEIGHT BODYWEIGHT EMPHASIS 5:30 AM	CHAOS LEXINGTON ATHLETIC CLUB 5:30 AM		
	CROSSFIT LEXINGTON ATHLETIC CLUB 9:00 AM		CROSSFIT LEXINGTON ATHLETIC CLUB 9:00 AM		CROSSFIT LEXINGTON ATHLETIC CLUB 9:00 AM	94 HOURS OF OPEN GYM PER WEEK!
					CROSSFIT LEXINGTON ATHLETIC CLUB 10:00 AM	
CROSSFIT LEXINGTON ATHLETIC CLUB 5:30 PM	KICK-FIT LEXINGTON ATHLETIC CLUB 6:00 PM	INSANITY 5:30 PM	CROSSFIT LEXINGTON ATHLETIC CLUB 6:00 PM	CROSSFIT LEXINGTON ATHLETIC CLUB 6:00 PM		THE R3SISTANCE LEXINGTON ATHLETIC CLUB BARBELL, KETTLEBELL, BODYWEIGHT BARBELL EMPHASIS 5:00 PM
CROSSFIT LEXINGTON ATHLETIC CLUB 6:30 PM		CROSSFIT LEXINGTON ATHLETIC CLUB 6:30 PM				KICK-FIT LEXINGTON ATHLETIC CLUB 6:00 PM

CrossFit: BOOT CAMP: This is the health club version of the popular CrossFit program. It's not exactly what you may see on CrossFit.com, but it is similar in that it will incorporate "constantly varied, high intensity, functional movements", which are the core principals of CrossFit. This class will improve your endurance, strength and stamina PLUS burn some serious calories.

CHAOS: This class takes the best moves from Boot Camp and combines it with CrossFit Endurance and Spinning for a total body workout without equal. For even more results, consider taking both the Wednesday and Friday Chaos class-- they are designed to be synergistic and complimentary to each other.

INSANITY: A hard core, high intensity, Boot Camp class based on the popular INSANITY workout program. Push your limits...work out at maximum capacity...Take INSANITY!

KICKFIT: An intense cardio and strength class that incorporates movements derived from boxing, tae kwon do, and karate. Focus is on kicks and punches that provide a dynamic, energetic, heart-pumping workout.

THE R3SISTANCE: This class is essentially a **strength-biased** approach to CrossFit. There's still plenty of "constantly varied, high intensity, functional movements" (the CrossFit motto), however, this class will focus on fundamental *strength development* in **barbell, kettlebell and bodyweight** moves, all while emphasizing correct technique. The Sunday class has a "barbell" emphasis (think: press, deadlift, squat, clean, snatch), Tuesday has a "kettlebell" emphasis (think: goblet squat, deadlift, swings, get-ups, cleans, presses, snatches, all with a kettlebell), Thursday is a "bodyweight" emphasis (think: pullups, pushups, air squats, jumping, jump rope, calisthenics)

STARTS 04.07.14