

GREENWOOD **CrossFit**

FORGING ELITE FITNESS



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CrossFit is a core strength and conditioning program that uses constantly varied, high intensity functional movements. You can be in and out in an average of 30 minutes.

CrossFit Class Times

MONDAY, WEDNESDAY, FRIDAY

6:00am

TUESDAY, THURSDAY, FRIDAY

12:00pm

COST: \$20 per class

RSVP at Activity Desk

303.770.2582



**GREENWOOD ATHLETIC
AND TENNIS CLUB**

THE *Best* PART OF *Your Day!*[®]

GreenwoodATC.com/CrossFit

Do you have what it takes to play in the sport of fitness?

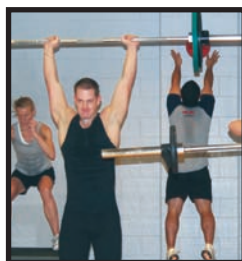
What is CrossFit?



CrossFit is a core strength and conditioning program that uses constantly varied, high intensity functional movements.

In CrossFit we look at fitness as physical competency in each of ten recognized fitness domains: cardiovascular and respiratory endurance, strength, stamina, flexibility, speed, power, agility, accuracy, balance and coordination.

In CrossFit you are an athlete!



In CrossFit you will be trained in gymnastics, from rudimentary to advanced movements, olympic weightlifting and metabolic conditioning performed at high intensities, and you will use exclusively compound movements.

Is CrossFit for you?



Yes! Your needs and the needs of elite athletes differ not by kind but degree.

In addition, CrossFit will not have you in the gym for hours on end. You can be in and out in an average of 30 minutes.

For more info on this program, contact Vic at
303.770.2582 x339
or email vics@GreenwoodATC.com

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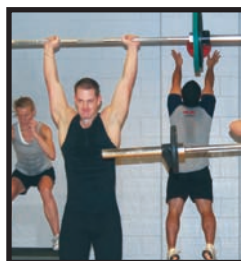
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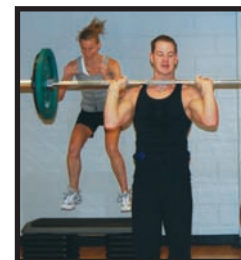
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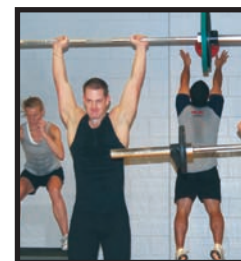
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