

**CrossFit-** Classes that include a skill-based warm-up, skill or strength training, the Workout of the Day (or “WOD”), and mobility work. The workouts can always be scaled so that new athletes can workout alongside veteran athletes. We encourage all CrossFit athletes to record their workout times/scores and track their progress using WODify- our custom tracking program.

**315 Endurance-** If you are tired of your same old running routine, don't have time for 8-hour workouts, or are interested in adding a strength and conditioning program to your training routine, than CrossFit Endurance is for you. The programming is structured, sport-specific, and integrated with CrossFit principles like gymnastic movements, explosive activity, and mobility-based support. Repetition is the enemy, and like CrossFit, the workouts are always varied.

**315 Mobility-** Classes that include movement patterning, movement preparation, mobility strategies and yoga. Aimed at improving recovery and performance through creating stronger positions and efficient movement.

**315 Weightlifting-** This is a ninety minute class that focuses primarily on instructing and improving technical execution of the snatch, clean & jerk and related lifts. Only Olympic and auxiliary lifts can be practiced at this time.



**Membership Pricing:**

**Unlimited Classes- \$125/month**

**3 Classes/Week- \$110/month**

**\*Discounts for Military, First Responders, Students, Teachers, Healthcare with proper ID**

**[www.CrossFit315.com](http://www.CrossFit315.com)**

**CROSSFIT 315**