

Do you like to work out, challenge yourself, and meet new people?

If so, **Warrior Fit Club** is the place for you!!

CrossFit is constantly varied functional movements performed at high intensity. All CrossFit workouts are based on functional movements, and these movements reflect the best aspects of gymnastics, weightlifting, running, rowing and more. These are the core movements of life. They move the largest loads the longest distances, so they are ideal for maximizing the amount of work done in the shortest time. By employing a constantly varied approach to training, functional movements and intensity lead to dramatic gains in fitness.

While CrossFit challenges the world's fittest, the program is designed for universal scalability, making it the perfect application for any committed individual, regardless of experience. We scale load and intensity; we don't change the program. The needs of Olympic athletes and our grandparents differ by degree, not kind.



Warrior Fit Club

3-4:30pm

Tuesdays and Thursdays

Meet in the green gym and be ready to WORK!!!