

**WESTRIDGE CROSSFIT CLASS** CrossFit is a training methodology that coaches people of all ability levels to improve their physical well-being and cardiovascular fitness through constantly varied, high-intensity functional movements, in an accepting and encouraging environment.

**BARBELL CLUB** Barbell Club focuses on athletes abilities to perform basic barbell movements as well as Olympic lifts with correct technique and form. This class will focus on weightlifting and accessory work. This is at no additional cost but is for Westridge CrossFit members only.

**Gymnastics Skills** focuses on athletes abilities to perform basic body weight movements as well as skilled gymnastic work with correct technique and form. This is at no additional cost but is for Westridge CrossFit members only.

**CROSSFIT 101** Basic introduction to CrossFit with certified and experienced coaches. This class can show you how CrossFit will enhance your overall fitness level. Whether you are new to fitness, never stepped foot in a gym before, or you are a fitness veteran looking for an edge, you will learn all about our program here at Westridge and how we can set you up on a comprehensive plan to move forward in your goals.

**ON RAMP** On-Ramp is a two day, 4 hour coaching course that teaches the foundational movements of CrossFit and all other movements and exercises that are frequently used during workouts of the day. On-Ramp also teaches CrossFit lingo, meaning of all acronyms and benchmark workouts. You will work out in every class. On Ramp needed for all new inexperienced CrossFit participants and is for Westridge CrossFit members only.

**OPEN GYM** Functional Fitness Studio open for use by all YMCA members.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## WESTRIDGE CROSSFIT SCHEDULE

Ferguson Family YMCA  
Functional Fitness Studio

August 2019

### COMMUNITY CROSSFIT CLASS

Every Saturday at 11am all are welcome to join in a fun and welcoming CrossFit class for all levels & abilities. Bring your family, friends and neighbors! We hope to see you there!

#### On-RAMP

Tuesday August 27th &  
Thursday August 29th

7-9pm

Sign up now! Spots Limited!

### FACILITY HOURS

Mon-Thurs	5:30am - 9:00pm
Fri	5:30am - 8:00pm
Sat	8:00am - 6:00pm
Sun	1:00pm - 6:00pm

### YOUTH DEVELOPMENT HOURS

Mon-Fri	8:00am - 12:00pm 4:00pm - 8:00pm
Sat	8:00am - 12:00pm
Sun	1:30-5:30 pm

Ferguson Family YMCA  
31 Westridge Marketplace  
Candler, NC 28715  
828 575-2940 • ymcawnc.org



# WESTRIDGE CROSSFIT SCHEDULE

## Functional Fitness Studio

### August 2019

+ New Class or  
Class change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-7:00am Westridge CrossFit Class Kevin	6:00-7:00am Westridge CrossFit Class Kevin	6:00-7:00am Westridge CrossFit Class Kevin	6:00-7:00am Westridge CrossFit Class Kevin	6:00-7:00am Westridge CrossFit Class Kevin		
8:30-9:30am Westridge CrossFit Class Jesse	8:30-9:30am Westridge CrossFit Class Kevin	8:30-9:30am Westridge CrossFit Class Stephanie	8:30-9:30am Westridge CrossFit Class Kevin	8:30-9:30am Westridge CrossFit Class Cherie		
10:30-11:15am TRX	10:30-11:15am TRX	10:30-11:15am TRX	10:30-11:15am TRX	10:30-11:15am TRX	10:00-11:00am Westridge CrossFit Class Nat/Darryl	
					11:00am-12:00pm  COMMUNITY CLASS Nat/Darryl	
2:00-4:00pm Open Gym	2:00-4:00pm Open Gym	2:00-4:00pm Open Gym	2:00-4:30pm Open Gym	2:00-4:00pm Open Gym	2:00-4:00pm Open Gym	
4:00-4:45pm TRX						
5:00-6:00pm + Gymnastics Skills Nat	5:00-6:00pm Westridge CrossFit Class Stephanie	5:00-6:00pm Barbell Club Jesse		5:00-6:00pm Westridge CrossFit Class Darryl		
6:00-7:00pm Westridge CrossFit Class Darryl	6:00-7:00pm Westridge CrossFit Class Stephanie	6:00-7:00pm Westridge CrossFit Class Jesse	6:00-7:00pm Westridge CrossFit Class Darryl			
	ON RAMP- Darryl 8/27 7-9PM Sign up at the Membership Desk		ON RAMP- Darryl 8/29 7-9PM Sign up at the Mem- bership Desk			

Interested in Trying CrossFit?  
Join us for a **FREE CrossFit 101** by appointment. Please contact Rachel Pascale at [rpascale@ymcawnc.org](mailto:rpascale@ymcawnc.org)