

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

**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.

**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 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.

**TRX** Born in the Navy SEALs, suspension training bodyweight exercises develops strength, balance, flexibility and core stability simultaneously.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## WESTRIDGE CROSSFIT SCHEDULE

Ferguson Family YMCA  
Functional Fitness Studio

February 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 February 26th &  
Thursday February 28th

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	2:30-5:30 pm

#### Ferguson Family YMCA

31 Westridge Marketplace  
Candler, NC 28715

828 575-2940 • ymcawnc.org



# WESTRIDGE CrossFit SCHEDULE

## Functional Fitness Studio

February 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 Hunter	6:00-7:00am Westridge CrossFit Class Kevin	6:00-7:00am Westridge CrossFit Class Cory/Kevin +		
8:30-9:30am Westridge CrossFit Class Jesse	8:30-9:30am Westridge CrossFit Class Kevin	8:30-9:30am Westridge CrossFit Class Hunter	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	
12:00-1:00pm Westridge CrossFit Class Jesse			12:00-1:00pm Westridge CrossFit Class Stephanie +		11:00am-12:00pm COMMUNITY CLASS Nat/Darryl	
2:00-4:30pm Open Gym	2:00-5:00pm Open Gym	2:00-4:00pm Open Gym	2:00-4:30pm Open Gym	2:00-4:30pm Open Gym	1:00-6:00pm Open Gym	1:00-3:00pm Open Gym
4:30-5:15pm TRX				5:00-6:00pm Westridge CrossFit Class + Nat/Darryl +		
6:00-7:00pm Westridge CrossFit Class Cherie	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 2/26 7-9PM Sign up at the Desk		ON RAMP 2/28 7-9PM Sign up at the Desk			
8:00-9:00pm Open Gym		8:00-9:00pm Open Gym				

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)