



CALIX

SPECIALTY CLASS

THIS IS A VERY ADVANCED CLASS FOR ATHLETES THAT ARE IN EXCELLENT PHYSICAL SHAPE. THE CARDIO IS VERY INTENSE & THE CORE EXERCISES ARE VERY DEMANDING. THE WORKOUT IS A COMBINATION OF STRENGTH, HIGH INTENSITY CARDIO, CORE EXERCISES AND ENDURANCE. YOU WILL NOT USE ANY WEIGHT OTHER THAN YOUR OWN BODY WEIGHT. YOU WILL EXPLORE YOUR LIMITS IN THIS WORKOUT!!

Tuesdays & Thursdays

May 16th – June 8th

12:10-12:50pm

Instructor: Dr. Erick Temoka

Held in TRX Training Studio

CrossFit Member + Y Member: \$10

Y Member: \$20 Non-member: \$40

Registration starts: Mon. May 15th

A waiver must be signed to attend this class

