

INCENDIA FITNESS

CLASS SCHEDULE



MONDAY-WEDNESDAY

5AM - 6AM	CrossFit
6AM - 7AM	CrossFit
8AM - 9AM	CrossFit
9AM - 10AM	CrossFit
10AM - 10:45AM	SWEAT
11AM - 12PM	Open Gym
12PM - 12:45PM	SWEAT
1PM - 2PM	CrossFit
4PM - 5PM	CrossFit
5PM - 5:45PM	SWEAT
6PM - 7PM	CrossFit
7PM - 8PM	CrossFit

THURSDAY

5AM - 5:45AM	SWEAT
6AM - 7AM	Endurance
8AM - 8:45AM	SWEAT
9AM - 10AM	Incendia Barbell
10AM - 11AM	Endurance
11AM - 12PM	Open Gym
12PM - 12:45PM	SWEAT
4PM - 5PM	Incendia Barbell
5PM - 6PM	Endurance CrossFit Kids
6PM - 7PM	Open Gym

FRIDAY

5AM - 6AM	CrossFit
6AM - 7AM	CrossFit
8AM - 9AM	CrossFit
9AM - 10AM	CrossFit
10AM - 10:45AM	SWEAT
11AM - 12PM	Open Gym
12AM - 12:45AM	SWEAT
1PM - 2PM	CrossFit
4PM - 5PM	CrossFit
5PM - 5:45PM	SWEAT
6PM - 7PM	CrossFit

SATURDAY

7AM - 8AM	CrossFit
8AM - 9AM	Strongman
9AM - 9:45AM	FREE SWEAT
10AM - 11AM	CrossFit

SUNDAY

7:30AM - 9:00AM	CrossFit Extreme
9:00AM - 10:30AM	CrossFit Extreme
10:30AM - 12PM	CrossFit Extreme

OPEN GYM

We welcome Incendia Members who want to work on skills or get in some extra lifting during most of our class times, with the exception of those times reserved for Youth Classes (Summer Camps & Weightlifting), Strongman and Saturday SWEAT. Please give priority for space and equipment to scheduled classes.

CROSSFIT PROGRAMS

SWEAT classes consist of high-intensity, interval training guaranteed to make you break a sweat in 45 minutes or less! Ready to get fit fast in a super-fun environment? SWEAT is for YOU! These core-intensive, cardio-heavy, fat-blasting sessions don't require any prior CrossFit experience, but do require a willingness to work hard. With a focus on bodyweight, dumbbell, kettlebell and lightweight movements, anyone age 13+ can take part in this fun, yet tough, program. **Classes meet six days a week, with a FREE Community Session Saturdays at 9am.**

CrossFit classes are advanced, with intense and complex workouts. You will find extensive strength training through Olympic Lifting, bodyweight mastery with principles of Gymnastics, metabolic conditioning in the Workout-of-the-Day (WOD) and proper recovery methods through Mobility, resulting in high levels of skill & coordination, strength, speed, power and endurance. Want to tone up and look better naked? Come get the BEST workout you'll ever have! **Classes meet six days a week, with "Rest Days" on Thursdays.**

SPECIALTY CLASSES

Free CrossFit Intro Consultation is an opportunity for anyone who is new to CrossFit to meet with one of our experienced Head Coaches to learn about methodology, ask anything, and decide on personal goals for your CrossFit Journey. **This is a "no sweat" experience so leave your gym bag at home!**

Incendia Barbell Basics is where you'll learn the basics of weightlifting, whether you aspire to learn your lifts for CrossFit or to complete one day. Programmed as an open-format class, you'll get to work on what you want with the coach. **Barbell Basics is FREE for Incendia Monthly Unlimited Members.**

Incendia Weightlifting is a class focused on snatch and clean & jerk in a non-intimidating environment. Lifters of all levels are welcome here, from just starting to expert. **Incendia Weightlifting is FREE for Incendia Monthly Unlimited Members.**

Incendia Endurance is a running and endurance class for those seeking to improve form, achieve race and distance goals, better WOD times and overall aerobic fitness levels. Taught by a Level 1 CrossFit Trainer and CrossFit Endurance Trainer, the class will involve a variety of running, rowing, and assault bike distances and intervals. Come have some fun while burning major calories! Classes are held on Thursdays at 6am at 5pm. **Incendia Endurance is FREE for all Incendia Monthly Unlimited Members.**

Incendia Strongman integrates the strongman movement/energy system into the constantly varied CrossFit model. We mix Old School Movements with New School Programming to help you move large loads, long distances quickly. Utilizing awkward and heavy objects, come lift heavy sh*t on Saturdays at 8am. **Incendia Strongman is FREE for all Incendia Monthly Unlimited Members.**

Teen Weightlifting classes are for kids ages 12 and up. Athletes work with our USA Weightlifting and CrossFit Weightlifting coaches to learn fundamentals of weightlifting (snatch and clean & jerk) plus accessory lifts. **Capped at 10 athletes, classes meet on Mondays and Wednesdays at 5pm.**

CrossFit Extreme classes implement advanced CrossFit "monster mash-style" workouts that are longer, heavier and bring the VOLUME! Classes meet for 90 minutes on Sunday mornings. **CrossFit Extreme is FREE for all Incendia Monthly Members.**