

Jan & Feb 2012 Schedule

Schedule may vary or change change. Please check our schedule page on AtlasCrossFit.com for updates.



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00am	CrossFit WOD	CrossFit WOD	CrossFit WOD	CrossFit WOD	CrossFit WOD
6:30am	CrossFit Interval				CrossFit Interval
7:00am	CrossFit WOD	CrossFit WOD	TRX & CrossFit WOD	CrossFit WOD	CrossFit WOD
9:00am	CrossFit WOD		CrossFit WOD		CrossFit WOD
12:00pm	CrossFit WOD	CrossFit WOD	CrossFit WOD	CrossFit WOD	CrossFit WOD
3:30pm					CrossFit WOD
4:30pm	CrossFit WOD	CrossFit WOD	CrossFit WOD	CrossFit WOD	CrossFit WOD
5:00pm	CrossFit Interval				CrossFit Interval
5:30pm	CrossFit WOD	CrossFit WOD	CrossFit WOD	TRX & CrossFit WOD	CrossFit WOD
6:00pm	Level 1	Level 1	TRX	Speed360	
6:30pm	CrossFit WOD	CrossFit WOD	CrossFit WOD	CrossFit WOD	CrossFit WOD
7:30pm	CrossFit WOD	CrossFit WOD	CrossFit WOD		

	SATURDAY	SUNDAY
8:00am	CrossFit WOD	
9:00am	TRX & CrossFit WOD	CrossFit Interval
10:00am	CrossFit WOD	CrossFit WOD
11:00am	CrossFit WOD	
11:30am		stretching

Non-Member Classes

Orange classes are open to people who have NOT completed Elements. Non-members may attend any of these classes by purchasing individual classes for \$20 each or a 10 Class Pass for \$185.

info@AtlasCrossFit.com
1030 N Larrabee, Chicago
www.AtlasCrossFit.com
312.664.0130

CLASS DESCRIPTIONS

All our classes require prior signup through our online scheduling. Please show up on time to ensure maximum training experience for the entire class.

CrossFit Classes:

Open to those who have completed Elements

CrossFit Elements*

This 6 class series is a requirement for any new CrossFitter. You will learn the basic CrossFit movements in a small group setting limited to 6 athletes to ensure maximum attention. Learning the fundamentals of CrossFit is essential to maximizing your CrossFit training and safety.

CrossFit WOD

This class is open to all Levels of athletes. WOD will be based on the "workout of the day" as posted on the WOD Blog. Attention and focus will be given to each athlete to make sure proper scaling options are given. WODs are performed at the highest intensity that the individual can sustain with good form and proper technique. **Elements Is a Prerequisite to attend.**

Level 1

This class focuses on general strength and conditioning with more emphasis on conditioning than max effort lifts. Level 1 will generally follow the same programming as Level 2 but will afford a little more time for instruction, technique and scaling options before any technical movements within WOD's. These classes will offer a developing CrossFitter an opportunity for much faster performance progress than being in a program that might gloss over certain developmental needs. **Elements Is a Prerequisite to attend..**

Non-Member Group Classes:

Open to both members and those who have NOT completed our Elements Program

CrossFit Interval

A 45-minute total body fat-burning class exclusive to Atlas. This class offers a unique twist on traditional CrossFit. This workout based on CrossFit methodology mixes different total body movements in a demanding interval format. **Open to members and non-members.**



Speed360

60-min of speed & agility drills on the indoor turf coached by NFL veteran Chris Gizzi. Improving reaction will make you more powerful in all the disciplines of CrossFit and everyday life. The focus of this class is to increase your ability to move explosively in any and all directions. **Open to members and non-members.**

TRX

This class utilizes the TRX method of suspension training (similar to rings in CF WOD's) mixed in with some high intensity plyometrics, kettlebells, and jump rope intervals. **Open to members and non-members.**