



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GHS FAMILY YMCA FEBRUARY / YPC – FIT CENTER Beast Mode

MONDAY

Start	Class	Instructor / Notes
5:30 & 6:30am	Beast Mode	Matt TIME CHANGE & NEWLY ADDED TIME SLOT!
9:00am	Beast Mode	Danielle
10:00am	Beast Mode	Danielle
11:00am	Open Gym	Danielle
12:00pm	Beast Mode	Danielle
4:30pm	Beast Mode	Jared
5:30pm	Beast Mode	Jared
6:30pm	Beast Mode	Jared
7:30pm	On Ramp* Beginner	Jared

FEB. ON RAMP SESSION DATES: (You MUST start on day 1 & attend all 6 sessions of On Ramp classes or wait until the next session)
11:00am session: 6,8,13,15,20,22
7:30pm session: 4,5,11,12,18,19

TUESDAY

Start	Class	Instructor / Notes
5:45am	Beast Mode	Stacy
9:00am	Beast Mode	Danielle
12:00pm	Beast Mode	Danielle
5:30pm	Beast Mode	Emilie
6:30pm	Beast Mode	Emilie
7:30pm	On Ramp*Beginner	Emilie

WEDNESDAY

Start	Class	Instructor / Notes
5:30 & 6:30am	Beast Mode	Matt TIME CHANGE & NEWLY ADDED TIME SLOT!
9:00am	Beast Mode	Danielle
10:00am	Beast Mode	Danielle
11:00am	On Ramp*Beginner	Danielle
12:00pm	Beast Mode	Danielle
4:30pm	Beast Mode	Jared
5:30pm	Beast Mode	Jared
6:30pm	Beast Mode	Jared

THURSDAY

Start	Class	Instructor / Notes
5:45am	Beast Mode	Stacy
9:00am	Beast Mode	Danielle
12:00pm	Beast Mode	Danielle
5:30pm	Beast Mode	Emilie
6:30pm	Beast Mode	Emilie

FRIDAY

Start	Class	Instructor / Notes
5:45am	Beast Mode	Matt : 1-Stacy
9:00am	Beast Mode	Danielle
10:00am	Beast Mode	Danielle
11:00am	On Ramp*Beginner	Danielle
12:00pm	Beast Mode	Danielle
5:00pm	Open Gym	Emilie

SATURDAY

Start	Class	Instructor
9:00am	Beast Mode	2,16-Stacy: 9-Matt:23-Kurt
10:00am	Open Gym	2,16-Stacy: 9-Matt: 23-Kurt

SUNDAY

Start	Class	Instructor
2 :30pm	Open Gym	3,17,23-Stacy:10-Jared-Pool WOD



BEAST Mode

FIT Center at YMCA Program Center – GHS

BEAST MODE:

High intensity functional training utilizing Olympic lifting, endurance training and gymnastic/body weight movements to provide a variety of challenging workouts to produce effective results. Our instructors are CrossFit Level 1 certified trainers and our BEAST Mode program will provide intense workouts to challenge you at every session. **Free with a YMCA membership.**

How to get started in BEAST MODE:

To increase the level of safety for all participants in our BEAST Mode program, **YOU MUST attend all 6 On Ramp Classes**. They are offered W-F in the mornings & M-T evenings and are skill specific for a thorough orientation of form, technique and terminology and will help get you to the next level of a regular Beast Mode class. Session start dates are listed on the calendar. Due to the progressive nature of the class, **You Must complete all 6 On Ramp classes of the session or wait until the next month's session starts**. If you have previous experience with this type of training and wish to start without On Ramp classes, you may test your knowledge and skill with an instructor during an **Open Gym** time.

Participation / Late Policy:

During many of our BEAST Mode workouts we are incorporating technical movements with weighted bars, so we must limit the number of members working out at one time and make sure everyone has proper warm-up in a given time frame. Some of our larger classes will have alternating workouts with members working together to support each other during these workouts. If more than 5 minutes late members **must wait** until the next session to participate. **There is NO Open Gym during class time.**

To view workouts and obtain program updates – follow our facebook page at Beast Mode – GHS YMCA

Questions or comments about the schedule? Please Contact Lori Dredge at ldredge@ymcagreenville.org