



To get a feel for what our classes are like, we welcome you to come out for a **FREE TRIAL CLASS.**

Choose a class from our schedule: www.crossfitkitchener.com/schedule/ ;
and email joanne@crossfitkitchener.com to book it.

The trainer will explain and demonstrate the **Workout of the Day (WOD)** and will scale it to suit your level of ability. You'll want to wear comfortable workout attire, bring a bottle of water & perhaps a small towel.

Please arrive about 15 min prior to the class start time to complete our registration papers.

Entry Level Programs

Because of the intensity and complexity of our workouts & exercises we feel it is important for all newcomers to go through one of our two Entry Level Programs.

We have 2 programs to choose from:

- a 4 Week Introductory Boot Camp (12 classes)
- 3 1:1 On Ramp Personal Training Sessions (1 hour each)

Both programs focus on providing the fundamental training required to join our regular classes. There's a scaled workout done during each class or session to gradually ease you into the CrossFit programming.

A new Boot Camp begins every 2 weeks with classes running on either Mon/Wed/Fri at 8pm **or** Tues/Thurs at 8pm & Sat at 10:30am. Classes run for 4 weeks - 12 classes per session

The On Ramp PT sessions can be set up to suit your schedule.

Introductory Bootcamp Start Dates - 2012

Mon/Wed/Fri - 8pm		Tues/Thurs - 8pm & Sat - 10:30am	
Mon Jan 2	Mon June 18	Tues Jan 17	Tues July 3
Mon Jan 30	Mon July 16	Tues Feb 14	Tues July 31
Mon Feb 27	Mon Aug 13	Tues Mar 13	Tues Aug 28
Mon Mar 26	Mon Sept 10	Tues April 10	Tues Sept 25
Mon Apr 23	Mon Oct 8	Tues May 8	Tues Oct 23
Mon May 21	Mon Nov 5	Tues June 5	Tues Nov 20

Ready to get started? Email joanne@crossfitkitchener.com