

CrossFit

Functional movement, executed at high intensity, and measured across broad time and modal domains.



CrossFit Description

- Metabolic Conditioning (cardio), Gymnastics (bodyweight), and Weight Lifting
- Class length: 30-60 minutes
- Class size: 5-15
- Designed WOD (workout of the day) meant to challenge CrossFit participants during each session
- Scalability for all fitness levels

Cost

YMCA Member: \$40/per month (\$30/ month with bank draft)

Non-Member: \$95/per month

Contact Tyler Johnson at (509) 972-5276 or by e-mail at tjohnson@yakimaymca.org with any questions.



FOR YOUTH DEVELOPMENT

FOR HEALTHY LIVING

FOR SOCIAL RESPONSIBILITY