

CROSSFIT 3.2.1.

Description

- Metabolic Conditioning (cardio), Gymnastics (bodyweight), and Weight Lifting
- Class length: 30-60 minutes
- Class size: 5-10
- 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 EFT)

Non-Member: \$95/per month



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**



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