

# CrossFit Jeffersontown Schedule



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Effective 06/01/2018
Performance WOD 6-7am Brad		Performance WOD 6-7am Brad		Performance WOD 6-7am Brad		WOD: Workout of the Day, Groups of 2 to 20. See Reverse for details.
Performance WOD 9-10am Brad	Performance WOD 10-11am Brad	Performance WOD 9-10am Brad	Performance WOD 10-11am Brad	Performance WOD 9-10am Brad	Performance WOD 11am-12pm Sarah	CrossFit Fitness WOD Level I: Perfect for Beginners, Tests ALL Fitness Levels
Performance WOD 12-1pm Brad	Performance WOD 12-1pm Brad	Performance WOD 12-1pm Brad	Performance WOD 12-1pm Brad	Performance WOD 12-1pm Brad		CrossFit Performance WOD Level II: Challenges ALL Fitness Levels
Fitness/ Performance WOD 5:30-6:30pm Sarah	Fitness/ Performance WOD 5:30-7:00pm Brad/Keith	Performance WOD 5:30-6:30pm Sarah	Fitness/ Performance WOD 5:30-7:00pm Brad/Keith			CrossFit Competition WOD Level III: Elite Level WODs, See Trainer for Details
Barbell Club 6:30-7:30pm Brad/ Keith			Barbell Club 6:30-7:30pm Brad/Keith			Barbell Club Membership: Full Access to Training Gym and Olympic Lift conditioning classes to build power and strength and overall preparation for CrossFit competitions or USAW meets.

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## CrossFit Descriptions : 2018

**What is A CrossFit WOD?** Rotating Workouts Of the Day. These may have as few as two or up to twenty participants.

**How Do I Get Started?** Talk to our Personal Training Director, and CrossFit Coach, Brad Clark. You and a friend can try your first class **FREE!** Contact: 502-338-2388, bclark@athleticclubs.org

**Coaches:** Brad Clark, Kyle Covert,  
Glen Belew, Keith Hughes, Sarah Fryrear



**Session Pricing:** For More Information: Contact CrossFit Coach and PT Director, Brad Clark 502-753-0999. Individual WODs are \$15 each for drop-ins but we also have membership package deals!! **Unlimited Monthly Passes for CrossFit or Barbell Club are now ONLY \$69.99 month and a discounted membership to the adjacent Louisville Athletic Club in J-town.**

**Level I: CrossFit Fitness** is the introductory class to show you the 9 foundational movements. It will help you to get started with the CrossFit training style. It is excellent for beginners but also challenges everyone. We recommend attending the Fitness class before you start the Performance classes.

**Level II: CrossFit Performance** The WOD (workout of the day) will surprise you every WEEK! People at all levels of physical fitness will benefit from these WODs. This style of training delivers a fitness that is, by design, broad, general, and inclusive. Our specialty is not specializing. Combat, survival, many sports, and life reward this kind of fitness and, on average, push YOU to new limits. All ages, all skill levels, all fitness levels welcome. Every workout is scaled to YOUR ability. YOU CAN DO THIS!!!

**Level III: CrossFit Competition** is designed for those who enjoy a challenge and want to take their fitness to the next level. This class will transform your shape, strength, and flexibility. Experience Elite fitness like never before! All workouts are scalable and designed to help you improve at your own pace! Available in private sessions also or by request of the class. Never STOP pushing!

**Barbell Club Membership:** Full Access to Training Gym and Olympic Lifting conditioning classes designed to build power & strength and serve as an overall preparation for CrossFit competitions or USAW meets. Personalized instruction will address the biomechanics of the Snatch and the Clean and Jerk. Participants will be coached individually to prepare them to perform with confidence and to advance them at a pace specific to their own experience or skill level. **NO PRIOR LIFTING EXPERIENCE REQUIRED.** *Classes are tailored to the individual, from the novice to advanced.*

