## CrossFit Workout of the Day

- **Monday Morning**
  - 5:00 AM: CrossFit Workout of the Day
  - 5:15 AM: Cycle Spin
  - 6:00 AM: CrossFit Workout of the Day
  - 7:00 AM: CrossFit Workout of the Day

- **Monday Afternoon**
  - 4:00 PM: CrossFit Workout of the Day
  - 4:30 PM: Circuit Training Express
  - 5:00 PM: Strong Core & Body
  - 6:00 PM: CrossFit Workout of the Day
  - 7:00 PM: CrossFit Workout of the Day

- **Tuesday Morning**
  - 5:00 AM: CrossFit Workout of the Day
  - 5:15 AM: Cycle Spin
  - 6:00 AM: CrossFit Workout of the Day
  - 7:00 AM: CrossFit Workout of the Day

- **Tuesday Afternoon**
  - 4:00 PM: CrossFit Workout of the Day
  - 4:30 PM: Circuit Training Express
  - 5:00 PM: Strong Core & Body
  - 6:00 PM: CrossFit Workout of the Day
  - 7:00 PM: CrossFit Workout of the Day

- **Wednesday Morning**
  - 5:00 AM: CrossFit Workout of the Day
  - 5:15 AM: Cycle Spin
  - 6:00 AM: CrossFit Workout of the Day
  - 7:00 AM: CrossFit Workout of the Day

- **Wednesday Afternoon**
  - 4:00 PM: CrossFit Workout of the Day
  - 4:30 PM: Circuit Training Express
  - 5:00 PM: Strong Core & Body
  - 6:00 PM: CrossFit Workout of the Day
  - 7:00 PM: CrossFit Workout of the Day

- **Thursday Morning**
  - 5:00 AM: CrossFit Workout of the Day
  - 5:15 AM: Cycle Spin
  - 6:00 AM: CrossFit Workout of the Day
  - 7:00 AM: CrossFit Workout of the Day

- **Thursday Afternoon**
  - 4:00 PM: CrossFit Workout of the Day
  - 4:30 PM: Circuit Training Express
  - 5:00 PM: Strong Core & Body
  - 6:00 PM: CrossFit Workout of the Day
  - 7:00 PM: CrossFit Workout of the Day

- **Friday Morning**
  - 5:00 AM: CrossFit Workout of the Day
  - 5:15 AM: Cycle Spin
  - 6:00 AM: CrossFit Workout of the Day
  - 7:00 AM: CrossFit Workout of the Day

- **Friday Afternoon**
  - 4:00 PM: CrossFit Workout of the Day
  - 4:30 PM: Circuit Training Express
  - 5:00 PM: Strong Core & Body
  - 6:00 PM: CrossFit Workout of the Day
  - 7:00 PM: CrossFit Workout of the Day

### Key

- CFS: CrossFit Studio located across the street
- CTL: Circuit Training Room
- LLS: Lower Level Studio
- LG1: Lower Level Mini Gym
- S1: Studio 1
- S2: Studio 2
- S3: Studio 3
- SS: Senior Studio

### Fees & Flex Cards

- With the exception of Specialty Fitness Classes, members can either sign up for an eight-week session of classes or purchase a Flex Card. A Flex Card lets you take Specialty Fitness Classes without registering just show up and have the instructor punch your card.

### Search, register, and pay for classes online

Visit [www.countryideymca.org](http://www.countryideymca.org) for more information.