

CLASS SCHEDULE

Last updated September 11, 2018

	MON	TUE	WED	THU	FRI	SAT
Daily WOD (1 hr)	5:00 am 6:30 am 9:30 am 4:30 pm 5:45 pm	5:00 am 6:30 am 7:30 am 9:30 am 4:30 pm 6:30 pm	5:00 am 6:30 am 9:30 am 4:30 pm 5:45 pm	5:00 am 6:30 am 7:30 am 9:30 am 4:30 pm 6:30 pm	5:00 am 6:30 am 9:30 am 4:30 pm 5:45 pm	10:00 am
Endurance WOD (1 hr)			5:30 pm			
Gymnastics Strength (1 hr)		5:30 pm				
Olympic Lifting (1 hr)				5:30 pm		
Pilates (1 hr) ** FREE community class!**						9:00 am
PiYo (1 hr)				8:30 am		
Power Lunch (1 hr)	12:00 pm		12:00 pm		12:00 pm	
RockWOD (1 hr)					5:30 pm	
Step (1 hr)		8:30 am				
Striking/Self-Defense (1 hr)	5:30 pm					
Yoga (1 hr)						8:00 am
Teen WOD (13-18 yrs) (1 hr)	5:45 pm		5:45 pm	5:45 pm		
Teen Barbell Club (13-18 yrs) (1 hr)		5:45 pm			5:45 pm	
Youth Barbell Club (6-12 yrs) (1 hr)		5:45 pm			5:45 pm	
CrossFit Kids (9+ yrs) (1 hr)		10:45 am 4:15 pm				
NinjaFit PreK (4-5 yrs) (1 hr)	10:45 am	3:00 pm	10:45 am			
NinjaFit Kids (6+ yrs) (1 hr)	4:15 pm		4:15 pm			
HOMESCHOOL NinjaFit Kids (6+ yrs) (1.5 hr)		1:30 pm				
HOMESCHOOL (Middle/High) Strength & Conditioning (1 hr)		12:00 pm		12:00 pm		

OPEN LIFT

Available for Unlimited Memberships
during regular business hours.
Athletes must yield right-of-way to scheduled classes .

PRICING

MONTHLY PRICING (Ages 13 years and older)

UNLIMITED MONTH-TO-MONTH	\$125/mo
2x per week	\$85/mo
10-Session Punchcard	\$100
Drop-in	\$15/day
Treadmill ONLY	\$15/mo
Open Lift ONLY Must be approved by Affiliate Manager	\$75/mo
CrossFit & The Rock Combo Autocharge required, no additional discounts.	\$133/mo
Open Lift & The Rock Combo Must be approved by Affiliate Manager. Autocharge required, no additional discounts.	\$90/mo

PER CLASS PRICING

NinjaFit (60 min)	\$64/mo
NinjaFit Homeschool class (90 min)	\$96/mo
Youth Barbell Club Homeschool Strength & Conditioning CrossFit Kids	
1x per week	\$64/mo
2x per week	\$85/mo

DISCOUNTS

Applicable to UNLIMITED memberships only and must be scheduled for autocharge (except Hero discount). Discounts may not be combined on a single membership.

Autocharge	10%
Hero (military, firefighters, police officers with ID)	10%
Enrolled Student	30%
Family Discount (additional members)	40%

FOR MORE INFORMATION or to **REGISTER ONLINE:** <https://denali-crossfit.triib.com/signup/>

CrossFit

- Constantly varied
- High Intensity
- Functional Movement

All CrossFit workouts are based on functional movements, and these movements reflect the best aspects of gymnastics, weightlifting, running, rowing, and more. These are the core movements of life.

CrossFit on-ramp

On-ramp classes are an introduction to CrossFit movement standards, terminology, and technique. On-ramp classes are required for anyone new to CrossFit.

Teen WOD

Teen WODs incorporate age-appropriate movements and focus on the 10 aspects of physical fitness: cardio & respiratory endurance, stamina, strength, power, speed, agility, accuracy, flexibility, coordination, and balance.

CrossFit Kids

CrossFit Kids offers the opportunity to shape the way our children approach fitness. Safety and proper movement patterns are strictly emphasized in training. In this class they will develop gymnastics skills, increased work capacity, and absolute strength ... all while having fun!

See our Front Desk
for more information on
specialty classes!

Additional Specialty Classes

Olympic Lifting
Endurance WOD
Gymnastics Strength
Pilates
PiYo
Power Lunch
RockWOD
Yoga
Step
Striking/Self-Defense
Teen WOD
Teen Strength & Conditioning
Youth Barbell Club
NinjaFit
CrossFit Kids

...also available

SPORTS TEAM TRAINING

PERSONAL TRAINING

Individualized instruction
Nutritional counseling
Personal programming

NUTRITIONAL COUNSELING

BODY COMPOSITION ANALYSIS

Ask us for more information!

DENALI CROSSFIT

FALL 2018 Schedule

Last revised 09.11.2018

introductory rate
UNLIMITED
includes 4 free on-ramp classes

\$109.00

Introductory offer valid for the 1st month of membership for NEW members and previous members who have not been active within the last 90 days.

* \$20.00 cancellation fee for on-ramp classes cancelled with less than 24-hour notice.

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