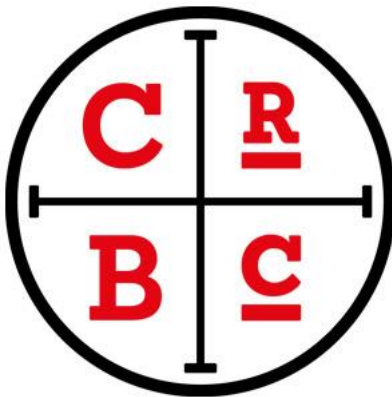


# WELCOME



[www.crossroadsbootcamp.com](http://www.crossroadsbootcamp.com)

**516 E 18<sup>th</sup> Street**  
**Kansas City, Mo 64108**  
**816 842 2668**

## \*Class Schedule

Please reserve online via our website to guarantee your spot in advance. Thank you.

### Mondays

5:45 am Power Bootcamp/  
CrossFit Open Gym  
11:30 am CrossFit  
4:45 pm Bootcamp  
5:45 pm CrossFit +1  
6:45 pm CrossFit

### Wednesdays

5:45 am Bootcamp  
11:30 am CrossFit Express  
12:00 pm Bootcamp  
4:00 pm Open Gym  
5:00 pm C/R Express  
5:45 pm CrossFit  
6:45 pm Bootcamp

### Fridays

5:45 am Power Bootcamp/  
CrossFit Open Gym  
12:00 pm Bootcamp  
4:30 pm Open Gym  
5:30 pm CrossFit

### Sundays

10:00 am Bootcamp

### Tuesdays

5:45 am Bootcamp  
11:30 am CrossFit  
4:45 pm CrossFit  
5:45 pm CrossFit +1  
6:45 pm CrossFit Club\*

### Thursdays

5:45 am Bootcamp  
11:30 am CrossFit  
4:45 pm CrossFit  
5:45 pm CrossFit +1  
6:45 pm Oly Foundations  
and Open Gym

### Saturdays

8:00 am Power Bootcamp  
9:00 am Bootcamp  
10:00 am CrossFit +1  
11:30 am CrossFit Club\*

### The CrossFit Club\*

Please ask your Coach about working out in these sessions.

### Class Descriptions

**Bootcamp-** This is an intense full body workout that is guaranteed to burn more calories and fat in a single workout than anything you have ever tried before. Intensity gets better results than steady state exercise. Be prepared to sweat.

**Olympic Foundations** For both new and seasoned CrossFitter's alike, this workout focuses on exquisite technique and form for CrossFit. New clients are encouraged to take a minimum of 4 ON Ramps prior to participation in CrossFit classes.

**CrossFit-** Training is constantly varied, high intensity, functional movement. Each group session is different from the one before and every group session is structured so that no matter your fitness level you can participate. We scale repetitions and weights but we do not change the program. Intensity is relative to each athlete.

**Power Bootcamp/CrossFit Open Gym-** The best of both worlds is yours now with two early morning options offered at the same time. Choose between a Power Bootcamp workout OR Open Gym to do your own WOD. All levels welcome.

**Open Gym-** This is for people to either make up a missed WOD or to spend time working on a specific skills. Although supervised by a CrossFit trainer who is available to answer questions, they will not be leading a WOD as in a regular CrossFit class.

**C/R Express-** Take 30 minutes to work on your Core Strength, Mobility and Muscle Balance in our express Core & Restore workout. Designed specifically for athletes to avoid common CrossFit overuse and muscle imbalance injuries. Improve your structural integrity and improve your performance.