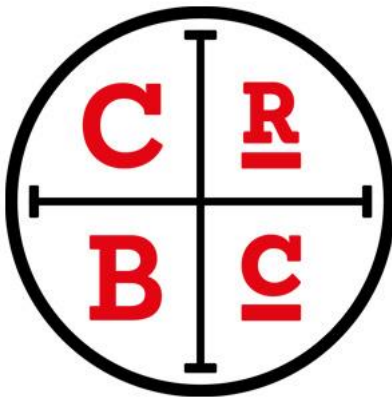


WELCOME



www.crossroadsbootcamp.com

516 E 18th 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
12:00 pm Bootcamp
4:30 pm Open Gym
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 skill. 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.