

	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday
6-7am	CrossFit	Crossfit	CrossFit	CrossFit	CrossFit		
9:00-10:00am	CrossFit		CrossFit		CrossFit	8:30-9:30am	CrossFit
						9:30-10:30am	CrossFit
12-1pm	CrossFit	CrossFit	CrossFit	CrossFit			
5:30pm-6:30pm	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
6:30pm-7:30pm	CrossFit	CrossFit		CrossFit			
7:30pm-8:30pm	Foundations	Foundations		Foundations			

# CrossFit 927

**Forging Elite Fitness - Clarksville, IN 812-284-4900**

**www.crossfit927.com**  
**info@crossfit927.com**

**BE DISCIPLINED  
 NOT DISQUALIFIED**  
1 CORINTHIANS 9:27

**\*CrossFit WODs are all in the main CrossFit area.  
 \*Foundations classes occur in the extended CrossFit area.**

# CrossFit 927



**CONSTANTLY  
VARIED**



(DIFFERENT EVERY SESSION)

**FUNCTIONAL  
MOVEMENT**



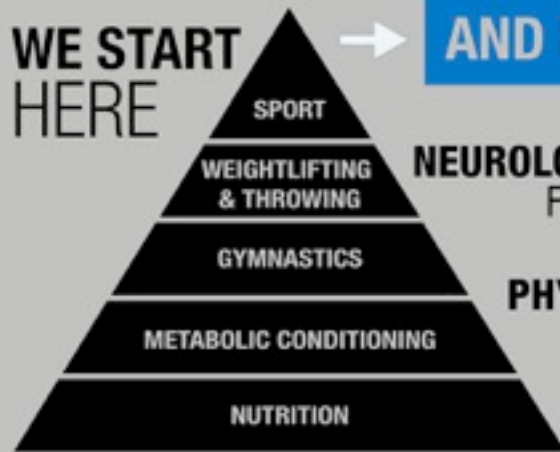
(HOW WE MOVE IN REAL LIFE)

**HIGH  
INTENSITY**



(HEART RATE GOES NORTH)

**WE START  
HERE**



**AND BY USING THIS**

**NEUROLOGICAL  
FITNESS**

BALANCE  
COORDINATION  
AGILITY  
ACCURACY

**PHYSICAL  
SKILLS**

STRENGTH  
FLEXIBILITY  
ENDURANCE  
STAMINA

**WE ADD IT TO THIS:**  
BY USING A **COMBINATION**  
OF WEIGHTLIFTING, GYMNASTICS,  
RUNNING & ROWING, WHICH  
IS ALL **SCALED** TO SUIT  
YOUR **LEVEL OF ABILITY**

**ESSENCE  
OF FITNESS**



**AND THEN BY:**

- FOLLOWING THE WOD'S
- DEVELOPING YOUR SKILLS
- EATING WELL
- WORKING ON YOUR MOBILITY

**IT GETS US:**

**INCREASED WORK CAPACITY  
OVER BROAD TIME & MODAL DOMAINS**

**WHICH MEANS!**

**WE CAN DO MORE IN ANY AMOUNT  
OF TIME AT ANYTHING WE WANT TO DO**

**"REAL FITNESS"**

## Class Descriptions

**CrossFit** - The CrossFit classes are designed to help anyone meet your health and fitness goals. In these classes, we work general physical skills in a variety of times, distances, and weights. At high intensity, your body will respond each time you hit the gym. Our coaches can scale any workout to suite your fitness level.

**CrossFit Foundations** - Our Foundations classes are specifically designed to teach you the basic movements of CrossFit in a smaller group setting. These classes will allow you to learn the basics in order to avoid injury, increase efficiency, and get the most out of your CrossFit program. The Foundations program lasts 4 weeks. The first two weeks are free so that you can get your feet wet. After that, you join CrossFit 927, you finish the remainder two weeks of Foundations. You'll be comfortable with CrossFit movements and ready to start hitting the regular CrossFit classes.

## CrossFit 927

951 E. Lewis & Clark Pkwy, Suite 830

Clarksville, IN 47129

812-284-4900

info@crossfit927.com

www.crossfit927.com