

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-6:15am		LeanFit		LeanFit		
6-7am	927	927	927	927	927	
8:00-8:45am						
9:00-10:00am	927	927	927	927	927	927
5:30pm-6:30pm	927	927	927	927	927	
6:30pm-7:30pm	927	927		927		

Nine.Two.Seven

BE DISCIPLINED
 NOT DISQUALIFIED
1 CORINTHIANS 9:27

812-284-4900

www.lacstrong.com
ahowell@athleticclubs.org

\$69.99/mo.

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**CONSTANTLY
VARIED**



(DIFFERENT EVERY SESSION)

**FUNCTIONAL
MOVEMENT**



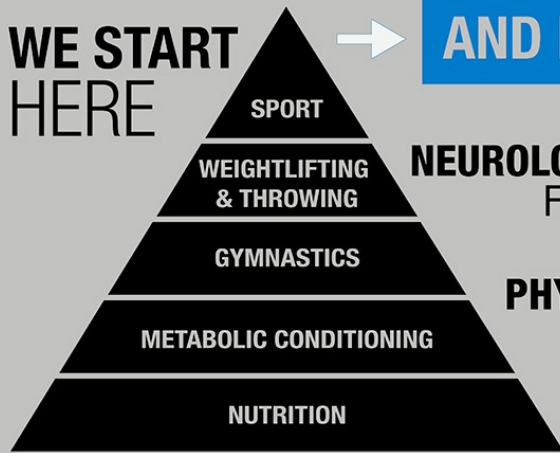
(HOW WE MOVE IN REAL LIFE)

**HIGH
INTENSITY**



(HEART RATE GOES NORTH)

**WE START
HERE**



AND BY USING THIS

**NEUROLOGICAL
FITNESS**

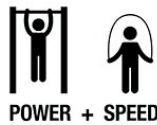
BALANCE
COORDINATION
AGILITY
ACCURACY

**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**



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”

AND THEN BY:

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

Class Descriptions

927 - The 927 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.

Introduction to 927- For those interested in trying 927, we would love to invite you in for a free one-on-one session with a Level 1 CrossFit coach to learn some basic movements and standards to introduce you to 927 methodology and program design. After that, you are free to try out seven classes to experience the fun and excitement of the 927 environment. Email ahowell@athleticclubs.org to set up your free one-on-one session today!!!

LeanFit - LeanFit is functional training, but without the barbells. The technical difficulty of the olympic and power lifts shouldn't exclude anyone from experiencing the benefits of functional training at high intensity. Come join us for high intensity, functional training... but without barbells.

Nine.Two.Seven

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